



CAPE FEAR VALLEY
PASSPORT TO HEALTH

PASSPORT *to* HEALTH

February/March 2013

News For and About Passport to Health Members!



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Can Help Keep
You Young
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Your Heart,
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CAPE FEAR VALLEY PASSPORT TO HEALTH

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

OFFICE

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

Office hours vary.
Please call before stopping by.

MAILING ADDRESS

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

EDUCATIONAL TOPIC LINE

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

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

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

at the December Dinner



HAPPY HOLIDAYS!

At the December Passport To Health luncheon, members were treated to a special holiday performance by the Methodist University Chamber Singers. In addition, 25 poinsettias were given away as door prizes.



Congratulations

to Laylon Jackson for winning the \$100 Walmart gift card. All 2013 Passport To Health memberships received by Dec. 1, 2012, were entered in the drawing.





Dear Friends,

Happy New Year! The year started out with a bang at the Passport To Health office, as we were flooded with membership applications. The response to the new Passport To Health program has been outstanding.

I want to thank our volunteers, Polly Strickland, Maggie Tate, Debbie McKethan, Linda Vaughn, Mildred Kilpatrick, Linda Stellfox, Raymond Gray and Jasmine Gaston, for helping me catch up on the applications and mailings. I don't think I could have done it without them.

I would also like to thank you for your patience as we worked to process all the membership applications that have come in. I am so pleased to see so many of our faithful Passport To Health members rejoining the program.

I hope you are enjoying the enhancements to the Passport To Health program, not the least of which is this new magazine that you will receive every other month. If you have not been active in the Passport To Health program, I hope you will be able to find programs and activities that interest you.

I have been delighted to see so many new faces at our luncheons and dinners in the past few months. I have enjoyed meeting each and every one of you. Please don't wait until the reservation deadline to register for the luncheons and dinners. We have limited space and they routinely fill to capacity. Be sure to include your registration form with your payment. We need that to ensure your reservation.

Many of you have asked when we are having another Peripheral Arterial Disease Screening. We've been waiting for the new Health Pavilion Hoke outpatient center to open. The PAD screening is scheduled for Saturday, April 6, two weeks after our Grand Opening Celebration. See page 9 for details about the PAD screening and page 14 for details about the Grand Opening Celebration.

Health Pavilion Hoke includes Hoke ExpressCare, Hoke Primary Care, Hoke OB/GYN, Hoke Pharmacy and Hoke Imaging. The facility is located across from the Paraclete XP SkyVenture on U.S. 401 near the Cumberland-Hoke County border. You can access it from U.S. 401 or Johnson Mill Road.

As you can see, new and exciting things are happening with the Passport To Health program. I look forward to seeing you at an upcoming event. Hope to see you soon!

A handwritten signature in black ink that reads "Anna Ackerman". The signature is fluid and cursive.

ANNA ACKERMAN, PASSPORT TO HEALTH MANAGER

Reminder!

Your paper Passport To Health card will not be valid after Feb. 28. Sign up for Passport To Health 2013 today! See page 15 for an application.



Passport to Health **MEMBERS** on the *move*

More than 80 Passport To Health members turned out for the *Members On The Move* program launch on Jan. 7. Exercise physiologists from HealthPlex presented a workshop titled “How To Start An Exercise Program,” followed by exercises with resistance bands.

The program’s goal is to help Passport To Health members make and keep a commitment to regular physical activity. The goal is to be active for 30 minutes a day, 5 days a week. Members will be recognized when they exercise for 6 out of 8 weeks.

You can exercise at home, join a gym, bicycle, play tennis or golf, swim, rake leaves, walk – any activity that gets you moving! If 30 minutes at one time is too difficult, you can break it up into 10-minute segments.

All Passport To Health members are invited to the Members On The Move workshop on Friday, April 19. The workshop will be held in Room 102 of the Medical Arts Center at 101 Robeson Street. Free parking is available close to the door.

At the workshop, you’ll receive Activity Logs and your choice of a t-shirt, ball cap or pedometer. Members who use a wheelchair or have difficulty walking may pick up a free Passport To Health Chair Aerobics DVD.

To register, please call 615-4600. When leaving a message, please give your name, phone number and preferred session time.



MEMBERS *on the MOVE*

Sessions are Friday, April 19
9:30 – 10:30 a.m. • 1:30 – 2:30 p.m.
Medical Arts Center, Room 102
101 Robeson Street



Register!

Register for one of the sessions by calling 615-4600.



HealthPlex *can help keep*

Joining a gym can be intimidating when you're over 50. Will I feel out of place? Will the equipment be suitable for my fitness level?

If the gym is HealthPlex, the answer to both of those questions is a resounding "No!"

HealthPlex is Fayetteville's only medically oriented fitness and wellness center, and it is specially designed to appeal to mature exercisers. In fact, Cape Fear Valley's cardiac and pulmonary rehabilitation programs are held at HealthPlex. And 48 percent of HealthPlex members are ages 50 and older.

HealthPlex has 65,000 square feet with spacious areas for cardiovascular conditioning and strength training, a full-court gymnasium, two pools, steam rooms and whirlpools and full locker room. HealthPlex members have the option of exercising at their own pace or joining a class. With more than 175 group exercise classes each week, you're sure to find one that meets your needs.

Passport To Health members pay a discounted one-time Health Enrollment Fee of \$35, a \$40 savings. Included in your Health Enrollment Fee is a health assessment and a customized exercise program. The health assessment includes:

- Height And Weight
- Blood Pressure And Resting Pulse
- Blood Sugar And Total Cholesterol
- Submaximal Aerobic Capacity Test
- Flexibility Testing
- Body Composition
- Personal Wellness Profile

Monthly dues for primary members are \$58 per month; associate members (spouse) pay \$42 per month. There are no long-term contracts, and you may cancel your membership with 30 days' written notice.



you young

PartTimers memberships are available at a discounted rate of \$38 per month for the primary member and \$32 for the associate member. PartTimers memberships have use of the HealthPlex during limited hours (see below).

Parttimers Membership Hours

Monday – Thursday, 12:30 – 3 p.m. & 7:30 – 10 p.m.
Friday, Noon – 9 p.m.
Saturday, Noon – 7 p.m.
Sunday, 11 a.m. – 6 p.m.

Recommended Exercise Classes for 50+

ARTHRITIS WATER CLASSES (55 MINUTES)

Arthritis Water Classes follow the Arthritis Foundation Guidelines and are held in the warm water therapy pool. Members must have a written physician referral.

Tuesday & Thursday

6 a.m., 11 a.m., Noon, 1 p.m. & 4 p.m.

Monday, Wednesday & Friday,

8 a.m., 10 a.m., 2 p.m. & 3 p.m.

STRETCH & BREATHE (45 MINUTES)

The focus of this class is to relax, stretch and focus your mental energy into your physical being. This class is appropriate for people of all ages and fitness levels.

Monday, Wednesday & Friday, 7 a.m.

SENIOR STRENGTH (30 MINUTES)

Free weights, stability balls and resistance bands are used for strength training. All of the body's major muscle groups are worked to improve both muscular strength and endurance.

Monday, Wednesday & Friday

8:45 a.m. & 10 a.m.

CHAIR AEROBICS (45 MINUTES)

This is a class for those who have limited mobility. Large muscle groups are worked through a variety of movements that are choreographed to music.

Monday, Wednesday & Friday, 10 a.m.

BONE BUILDERS OSTEOPOROSIS EXERCISE CLASS (45 MINUTES)

This class uses strength training to help maintain bone density.

Monday, Wednesday & Friday

1:15 p.m. & 2 p.m.

TAI CHI (55 MINUTES)

Improve your balance and coordination through Tai Chi's slow, deliberate movements and posture holding.

Tuesday & Thursday, 9:30 a.m.

Monday, Tuesday, Wednesday & Thursday, 5 p.m.

Saturday, 9 a.m.

SENIOR YOGA (55 MINUTES)

This is a special Yoga class designed for seniors.

Tuesday & Thursday, 8:30 a.m.

Friday, 9 a.m.



UPCOMING *events*

Monthly Luncheon & Dinner Programs

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

Mail your registration form and payment to Passport To Health, Cape Fear Valley Health System, P.O. Box 2000, Fayetteville, NC 28302-2000. To receive a refund, cancellations must be made by the reservation dates listed below.

March

Monday, March 11 • 11:30 a.m.
Reservation deadline is March 4

Monday, March 18 • 5:30 p.m.
Reservation deadline is March 11

Reduce Your Risk of Colorectal Cancer

Speaker: John Poulos, M.D.
Fayetteville Gastroenterology Associates

April

Tuesday, April 2 • 5:30 p.m.
Reservation deadline is March 26,

Monday, April 29 • 11:30 a.m.
Reservation deadline is April 22

Make Your Decisions Known: Living Will and Healthcare Power of Attorney

Speaker: Robin Kivett, RN, BSN, CHPN
Palliative Care Coordinator, Cape Fear Valley Health

May

Tuesday, May 7 • 5:30 p.m.
Reservation deadline is April 30

Monday, May 13 • 11:30 a.m.
Reservation deadline is May 6

Can You Hear Me Now? Hearing Loss And How To Buy A Hearing Aid

Speaker: Jamie Reilly, Au.D.
Cape Fear Valley Speech & Audiology Department

APRIL EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

___ **Dinner Session: April 2**
Registration Deadline is March 26, 2013

___ **Luncheon Session: April 29**
Registration Deadline is April 22, 2013.

MAY EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

___ **Dinner Session: May 7**
Registration Deadline is April 30, 2013

___ **Luncheon Session: May 13**
Registration Deadline is May 6, 2013.

NOTICE: The Passport To Health office will close daily for lunch from 12:30 to 1:30 p.m.

Seminars & Workshops

AARP Driver Safety Class

Thursday, April 11 • 8:30 a.m.
Medical Art Center, Room 102
101 Robeson Street

AARP Members \$12
Non-Members \$14

This four-hour classroom course provides a driving refresher for mature drivers ages 55 and older. Some insurance companies may offer a discount to customers who have completed this course.

Cape Fear Valley will provide a free continental breakfast.

Please make checks payable to AARP. Include your AARP number on the memo line of the check if you are a member. Mail checks to Passport To Health, Cape Fear Valley Health, P.O. Box 2000, Fayetteville, NC 28302.

Healthy Recipe Demonstration

Wednesday, April 24 • Noon
HealthPlex, Classroom C
1930 Skibo Road, located behind Pep Boys

Carla Caccia, RD, LDN, Cape Fear Valley HealthPlex Dietitian, will show you how to make southwestern black bean quinoa, a crunchy and zesty salad that is as healthy as it is delicious.

FREE!

To register, please call 615-4600.

Aging Gracefully

Tuesday, April 30 • 9:30 a.m.
Cape Fear Valley Rehabilitation Center Auditorium,
located behind Cape Fear Valley Medical Center

Everyone wants to look younger! Saira Saini, M.D., Carolina Plastic Surgery, will discuss surgical and non-surgical procedures that can take years off your appearance.

FREE! Light refreshments

To register, please call 615-4600.



Cars have changed. So have traffic rules, driving conditions and the roads you travel every day. Become a safer driver by brushing up on your driving skills.

\$5 Jewelry Sale

Wednesday, May 1 & Thursday, May 2
7 a.m. – 4:30 p.m.
Cape Fear Valley Rehabilitation Center
(no shuttle service available)

Friday, May 3 • 7 a.m. – 3:30 p.m.
Highsmith-Rainey Specialty Hospital

Everything is \$5 at this jewelry sale sponsored by Cape Fear Valley Health Auxiliary. Choose from a large selection of necklaces, bracelets, earrings, watches, scarves, bags and more!

Peripheral Arterial Disease Screening

Saturday, April 6 • 9 a.m. – 1 p.m.
Health Pavilion Hoke
U.S. 401 and Johnson Mill Road in Hoke County

Do you have aching, cramping or pain in your legs, particularly your calves, when you walk or exercise, but then goes away when you rest?

If you answered “yes” and you are age 65 or older (55 or older if you are a diabetic or smoker) you may be eligible for a FREE Peripheral Arterial Disease Screening.

The screening will be held at Health Pavilion Hoke. You can access Health Pavilion Hoke from U.S. 401 or Johnson Mill Road in Hoke County.

To make an appointment, please call Passport To Health at (910) 615-4600. A limited number of screening appointments are available.



When Pamela Gayle, 61, worked full-time, getting her prescription medications was easy. She just called them in to the local drug store, paid a \$20 co-pay and took them home. Everything changed when she lost her job after 14 years of employment. Not only did she have a loss of income, but she lost her prescription drug benefits as well.

Gayle has diabetes and high blood pressure, which require her to take numerous medications, including insulin, potassium, and medications for high blood pressure and cholesterol. The costs for these medications are significant, but going without them would put her health at risk.

“Pride got in my way,” she says. “I didn’t want to ask for help.”

But when a call to her usual drug store proved that the cost of buying her insulin without insurance would be more than \$500 per month, Gayle knew she had to swallow her pride.

She made a call to the Cumberland County Medication Access Program (CCMAP) and began the short journey to getting the medications she needed. Now instead of paying \$500 a month for insulin, Gayle pays just \$3.

A partnership between Cape Fear Valley Health System and the Cumberland County Health Department, CCMAP offers free or low-cost medications to those in need.

“We help uninsured patients fill their prescription needs if they have an income below 250 percent of the Federal Poverty Guidelines,” says Chris Tart, Director of Outpatient Pharmacy Services at Cape Fear Valley Health System. “The patient must be low-income, without prescription insurance and a resident of Cumberland, Sampson, Harnett or Hoke County.”

CCMAP began in August 2002, when Cape Fear Valley’s Board of Trustees approved the program and hired its first program manager.

NO INSURANCE?

CCMAP Offers Prescription Assistance



The program's staff then collaborated with Better Health of Cumberland County, The CARE Clinic, Mental Health Center, Department of Social Services and Health Department to launch the program.

In the years since, CCMAP has filled more than 230,000 prescriptions worth \$67 million to the program's participants. Currently more than 2,100 people are enrolled in the program. Many of them are unemployed or work for employers who do not provide affordable health insurance.

The pharmacy at CCMAP – located inside the Cumberland County Health Department – receives medications from various places. Many of the medications are donated. Some are samples donated from physicians and clinics, as well as from other non-profit pharmacy programs that have extras to share. The rest of the medications dispensed are purchased or come from manufacturer patient assistance programs.

CCMAP receives grant money and community donations to Cape Fear Valley Health Foundation to purchase medications. There is also a formulary of generic drugs available that is funded through Cape Fear Valley Health. Medications are also ordered through drug manufacturer patient assistance programs with the help of the CCMAP staff. These medications have a \$3 administration fee per prescription.

Those who think the application progress is too complicated to bother with needn't worry.

"There is a short application to fill out," Gayle says. "They make it very easy."

To apply for assistance, you will need to provide proof of income, proof of county residency and other documents as required. Staff members at CCMAP will conduct an interview with the applicant and then fill out any initial paperwork as well as any follow-up paperwork needed for refills.

With the help of CCMAP, the uninsured need not suffer from complications of high blood pressure, diabetes or high cholesterol simply because they cannot afford their medication.

“when you need help, there are people out there that will help you”

"That is the real reason we exist," says Tart, "we are trying to keep people healthy and out of the hospital and Emergency Department, by providing our patients with maintenance medications at little to no charge."

Pamela Gayle is certainly glad she called.

"I am truly blessed," she says. "Without CCMAP, I would not be able to get my insulin. Sometimes you have to put aside your pride. When you need help, there are people out there that will help you. But they don't know you need help if you don't ask."

Cumberland County has about 40,000 uninsured residents, and approximately \$400,000 annually is needed to continue to provide CCMAP services for those in need.

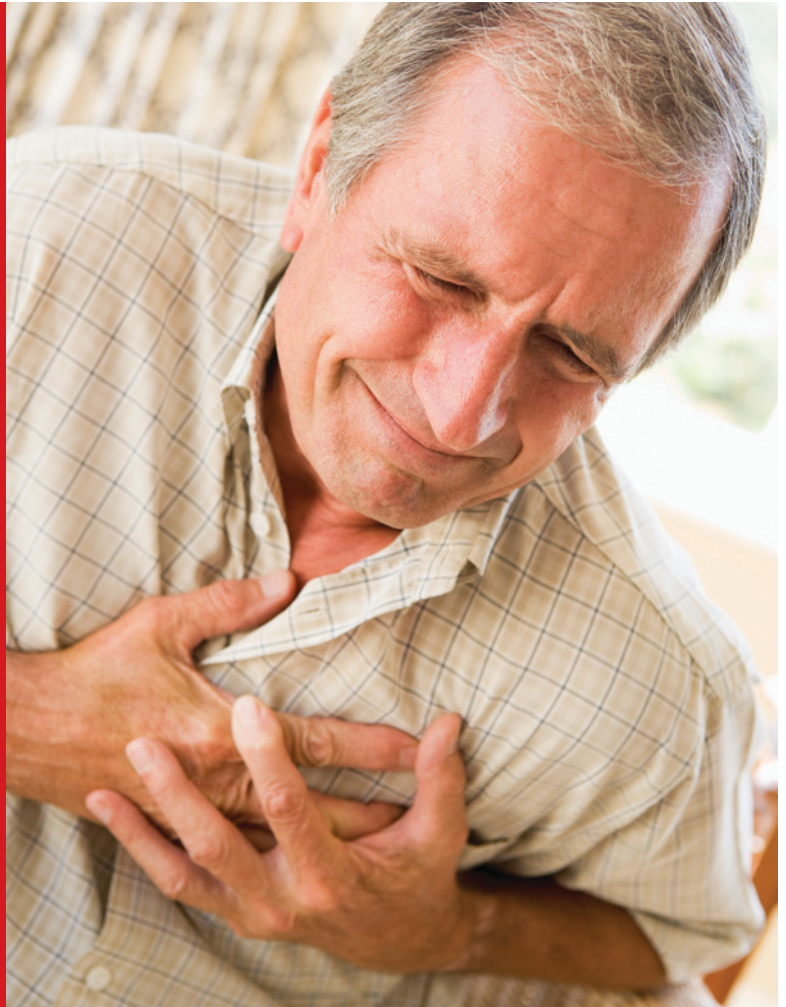
Cape Fear Valley Health Foundation accepts contributions for the CCMAP program on an ongoing basis and submits grant proposals on behalf of the program. Your donations can help the community's uninsured, like Pamela Gayle.

To make a tax-deductible donation, please make checks payable to Cape Fear Valley Health Foundation and write CCMAP in the memo field.

Checks can be mailed to:

Cape Fear Valley Health Foundation
P.O. Box 87526
Fayetteville, NC 28304

When It Comes To Your Heart, *Time Is Muscle*



Do you know the early warning signs of a heart attack? Knowing could mean the difference between life and death.

Five million Americans are rushed to emergency departments every year, complaining of chest pain or other heart attack symptoms. The longer they wait to seek help, the more damage occurs to the heart. Nearly 85 percent of the damage occurs during the first two hours after an attack.

The number of heart attacks in the U.S. is staggering. For every 25 ticks off the clock, an American will have some kind of coronary event. And every 60 seconds, someone will die from one. The old adage rings true: every second counts when it comes to treating heart attacks.

Knowing the subtle signs of a heart attack, and acting immediately upon them, can greatly increase chances of survival.

The signs include:

- **Chest pressure, squeezing or discomfort**
- **Pain in your arm, back, neck, jaw or stomach**
- **Shortness of breath**
- **Dizziness**
- **Cold sweats**
- **Nausea**
- **Unusual weakness**

The first step to take when you suspect a heart attack is to call 9-1-1. Don't attempt to drive yourself or let someone else drive you to the hospital. When you call 9-1-1, it's like bringing a hospital emergency department to your door.

EMS professionals can start Early Heart Attack Care (EHAC) on patients even before they arrive at the hospital. Cape Fear Valley is part of a statewide network of more than 100 hospitals and 700 EMS systems that work together to provide timely care to heart attack patients. The network is called Mission: Lifeline and it's in partnership with the American Heart Association.

The goal is for smaller, rural hospitals without Percutaneous Coronary Intervention (PCI, also known as coronary angioplasty) capability to funnel heart attack patients to larger facilities that have around-the-clock coverage. Cape Fear Valley Medical Center is a PCI Center, receiving patients from Bladen, Cumberland, Harnett, Hoke, Robeson and Sampson counties.

Patients transported by ambulance are immediately hooked up to an EKG machine. Results are transmitted in real time to doctors in the Emergency Department and the Heart & Vascular Center. If the physician determines the patient is having a heart attack, the patient can be taken straight to the second floor cardiac catheterization lab for interventional treatment.

However, none of that is possible unless you pick up the phone and call 9-1-1. According to the National Heart Lung and Blood Institute of the National Institutes of Health (NIH), women, older persons and minorities are most likely to delay getting help.

There are many reasons people take a wait-and-see approach. Some patients with conditions like diabetes might not have chest pain but have other symptoms, which they don't recognize as a heart attack. Some patients are afraid or unwilling to admit their symptoms could be serious. Some patients are embarrassed about "causing a scene" or going to the hospital and finding out it is a false alarm.

Don't let any of these reasons cause you to delay treatment. Because every second counts when it comes to treating heart attacks.

CAPE FEAR VALLEY HEALTH is proud of its national Accreditations and Certifications. They demonstrate our commitment to quality.



SOCIETY OF
CARDIOVASCULAR PATIENT CARE

Chest Pain Center Accreditation



The Society
of Thoracic
Surgeons

3-star rating in cardiac surgery –
the highest possible rating in the U.S.



The Joint Commission

Disease Specific Care Certification in Heart Failure



Cardiac Rehabilitation Accreditation



**MISSION:
LIFELINE**

Bronze Award

H E A L T H P A V I L I O N H O K E

grand opening

C E L E B R A T I O N



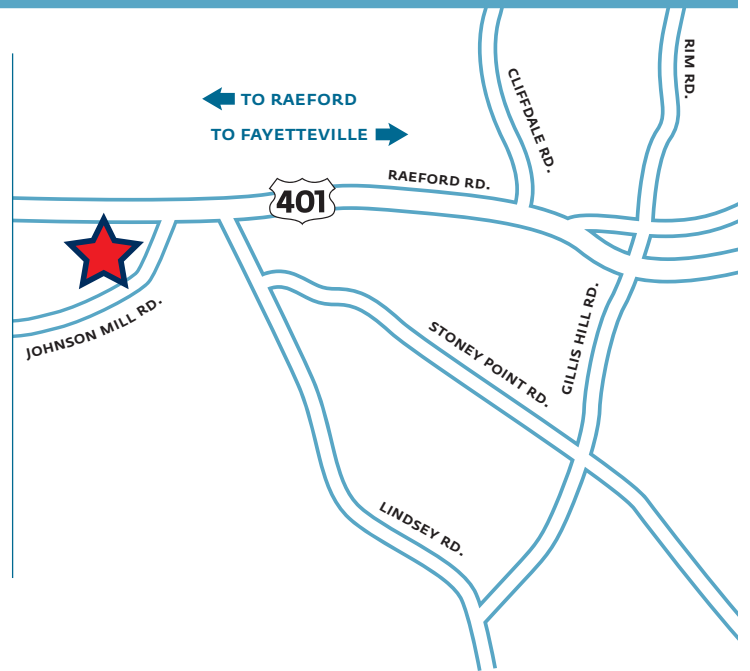
Join us for the

Ribbon Cutting and Grand Opening

C E L E B R A T I O N

Saturday, March 23
9 a.m. – Noon

Tours • Refreshments • Blood Drive
Ribbon Cutting 9 a.m. • Rain or Shine!



**CAPE FEAR VALLEY
HOKE HEALTHCARE**

ADDRESS :: 300 MEDICAL PAVILION DRIVE

www.capefearvalley.com

Have You Signed Up for Passport *to* Health 2013?

If you've been a Passport To Health member for many years, you may not realize that your paper Passport To Health card expired on Feb. 28. Passport To Health now charges a nominal annual fee of \$10 per member, \$15 for married couples.

If you haven't already completed a Passport To Health 2013 membership application, don't delay! Sign up today and continue receiving the many benefits Passport To Health offers.

When you join the 2013 program, we'll mail you your new plastic membership card, a 2013 Luncheon and Dinner Booklet and a Health Diary. Please allow 4-6 weeks for delivery.

As always, there is a \$5 replacement fee for lost cards.



PASSPORT TO HEALTH 2013 MEMBERSHIP APPLICATION

Name: _____ Birthdate: _____

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

Address: _____ Email: _____

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

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

Mail your application and check or money order to:
Passport To Health, Cape Fear Valley Health System,
P.O. Box 2000, Fayetteville, NC 28302-2000

Please allow 4 – 6 weeks for processing.



**CAPE FEAR VALLEY
HEALTH SYSTEMSM**

P.O. Box 2000
Fayetteville, NC 28302-2000

Non-Profit Org.
U.S. Postage
PAID
Fayetteville, N.C.
Permit No. 253

P A S S P O R T T O H E A L T H D I S C O U N T S

Discounts for members

Present your new 2013 Passport To Health membership card and a photo ID to receive the following discounts. All locations are in Fayetteville unless otherwise specified.



Wynnsong 7 Movie Theatre

3039 Boone Trail
All movies \$5.50

Village Coffee House

3037 Boone Trail
25% discount

Tony's Pizza

1820 Owen Drive
(Bordeaux Shopping Center)
10% discount, excluding Specials

Just Desserts Bakery

314 Hay Street, Fayetteville
15% off single item over \$39.99

Black's Tire & Auto Service

3116 Bordeaux Park Drive (facing Owen Drive)
10% discount

Wade Hardin Plumbing, Inc.

(910) 486-0334
10% discount

Ed's Tire & Auto Service

2931 Owen Drive
2577 Hope Mills Road
4775 Yadkin Road
2902 Raeford Road
5061 Yadkin Road
5% discount on parts and labor
*Not valid with other coupons
or oil change specials*

Fast Frame

1800 Skibo Road
20% discount on custom framing

Reilly Road Farmer Market

445 N. Reilly Road
10% discount
on produce



Advanced Hearing Care

1665 Owen Drive
25% discount off MSRP
of 2 hearing aids

Roly Poly Sandwiches

306 N. McPherson Church Road
10% discount

**Cape Fear Valley Lifeline
Personal Emergency Response**

(910) 615-6112
First month of service FREE

Breathing Space Yoga

1404 Raeford Road
First class FREE

**HealthPlex Fitness &
Wellness Center**

1920 Skibo Road
\$35 Health Enrollment Fee
(\$45 discount)

**Cape Fear Valley Medical Center
& Highsmith-Rainey Cafeterias**

15% discount