

IN TOUCH



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Health care summit focuses on health care changes

Southeastern Health hosted a health care summit at Robeson Community College on August 20 to address current health care issues such as the Affordable Care Act, also known as Obama Care; how health care is rapidly changing in our region; and the impact of these changes on patients, families and the community. More than 300 people from the health care, business, government and faith-based sectors attended the event which offered focused breakout sessions and featured presentations by North Carolina Hospital Association Vice President and Deputy General Counsel Cody Hand, Managing Director and National Spokesperson for the Advisory Board Company Fred Bayon, and SeHealth President/CEO **Joann Anderson**. These individuals joined Dr. **Dennis Stuart** of Southeastern Health's Dr. AJ Robinson Medical Clinic and Dr. Thomas Maynor of Robeson HealthCare Corporation for a panel discussion where members of the audience were invited to ask questions. A video of the summit has been posted on the SeHealth Lumberton YouTube page for viewing. Follow-up meetings have been held or are planned for the various breakout session attendees.



From the president



Joann Anderson,
President/CEO

On October 1, 2013, Southeastern Health began a new budget year. Unlike the federal government, we do not have the option to shut down our organization simply because we do not agree on certain policies or actions others have taken. We have a responsibility to continue serving our community when health care needs arise.

Also on October 1, significant provisions of the Affordable Care Act (ACA) of 2010 go into effect. The law requires all citizens to have health care insurance or pay a penalty beginning this year. In our area, about 50 percent of the people we serve have Medicare, 23-25 percent have Medicaid, and 10-12 percent have no insurance. The remainder has some type of commercial insurance. Last year, Southeastern Health wrote off over \$15 million in charges that were not paid by people who had insurance. We wrote off more than \$30 million for those with no ability to pay (known as charity care).

Under the ACA, payments from Medicare decrease each year. Last year, the state government decided not to expand Medicaid AND to reduce payments for outpatient services for Medicaid recipients. These decisions and the increasing number of people who are not paying co-pays and deductibles has created a huge budget issue for all health care providers. If we continue to provide services the same as we are today, it is estimated that, over the next five years, we will lose in excess of \$20 million.

Organizations are approaching these challenges in various ways. Many N.C. organizations have had significant layoffs, issued pay cuts and reduced benefits to address the declining reimbursement. Southeastern has implemented UCare to get patients in the right place at the right time for the level of service needed which will reduce the overall cost of care. We are working collaboratively with local providers who are certified to assist those going to the marketplace to get insurance coverage. We are evaluating each position as someone leaves to determine whether it needs to be filled or if can we provide the service at the same level (but maybe not in the same way) if it is not filled. We will increase our emphasis on process changes using LEAN principles. Our goals include: continue providing high quality care and service while we maintain as many jobs as possible; control our overall costs; capture all revenue streams appropriately; meet requirements of insurers by collecting co-pays and deductibles appropriately; reduce waste; improve efficiency; and improve productivity.

Joann Anderson
Joann Anderson, MSN, FACHE
President/CEO

New brand

Exterior signs throughout the campuses of Southeastern Health have started to change to the new name, logo and color scheme. The logos on the medical center (below and front cover) as well as a sign at Southeastern Health Park, at right, were recently installed.



Medical staff news

Orthopedic Surgeon joins Southeastern Health

Orthopedic Surgeon Dr. **Riyaz Jinnah** has joined Southeastern Orthopedics and the medical staff of Southeastern Health. He performed MAKoplasty® partial knee resurfacing for the first time at Southeastern Regional Medical Center on Monday, Sept. 30. The minimally-invasive treatment option is for adults living with early to mid-stage osteoarthritis that has not yet progressed to all three compartments of the knee.

Dr. Jinnah earned a bachelor's degree in medical sciences from Kings College at Cambridge University in 1974. He also earned a bachelor of medicine and bachelor of surgery degree (M.B.B.Chir.) from Cambridge University in England in 1977. He completed a fellowship in joint replacement surgery in 1982 and a residency in orthopaedic surgery in 1986, both at UCLA Medical Center. He is certified by the American Board of Orthopaedic Surgery and is a fellow of the American Academy of Orthopaedics Surgeons.

Dr. Jinnah previously served as professor of orthopaedic

surgery, chief of total joint replacement program and medical director of orthopaedic replacement for seven years at Wake Forest University Baptist Medical Center in Winston-Salem, North Carolina. He has an extensive background in orthopaedic research and surgery. His areas of special interest include partial knee replacements and minimally invasive surgery.

He and his wife, Sarah Jane, have four grown children.

Dr. Jinnah joins Drs. **David Dalsimer**, **Staley Jackson**, **Scott McGinley**, and **Anastasios Papadonikolakis** and Physician Assistant **Matt Davis** at the practice located at 725 Oakridge Boulevard in Lumberton. To schedule an appointment, call 738-1065.



Riyaz Jinnah, M.D.

OB/GYN joins Southeastern Health

LaShauna R. Deese, M.D., has joined Southeastern Women's Healthcare and the medical staff of Southeastern Health. Dr. Deese completed bachelor's degrees in both chemistry and computer science from UNC Pembroke in 2003. She earned a medical degree from UNC School of Medicine in Chapel Hill, N.C., in 2009 and completed residency training in obstetrics and gynecology at New Hanover Regional Medical Center in Wilmington, NC, in July 2013. Her areas of special interest include preventative care and minimally invasive gynecological surgery.

Dr. Deese is originally from Pembroke and currently lives in Lumberton. She joins Drs. **Brandon Locklear** and **Meredith Watson-Locklear** and Certified Nurse Midwives **Lisa Blake**, **Connie Canady** and **Monica Oxendine** at the clinic located at 4300 Fayetteville Road in Lumberton. To schedule an appointment, call 608-3078.



LaShauna R. Deese, M.D.

Oxendine joins Southeastern Women's Healthcare

Certified Nurse-Midwife **Monica Locklear Oxendine** also joined Southeastern Women's Healthcare, an affiliate of Southeastern Health.

Oxendine completed a bachelor's degree in community health education from UNC Pembroke in 1998. She also completed a bachelor's degree in nursing in 2002 and master's degree in nursing in 2004, both from the Medical University of South Carolina in Charleston. She has worked as a certified nurse-midwife for more than seven years in Laurinburg and Bennettsville, South Carolina.

Oxendine lives in Pembroke with her husband, Dewayne, and two daughters, Savannah, 5, and Sarina, 2.

Southeastern Women's Healthcare hosted an open house and ribbon cutting on Oct. 10 in their new location at 4300 Fayetteville Road in Lumberton. To schedule an appointment, call 608-3078.



Monica Locklear Oxendine, C.N.M.

Dr. Brandon Locklear completes da Vinci training



Obstetrician/Gynecologist Dr. **Brandon Locklear** of Southeastern Women's Healthcare is the latest Southeastern Health physician to be trained on the da Vinci Surgical System. Dr. Locklear joins Dr. **Samuel Cummings** of Women's Life Center; Dr. **John Rozier** of Rozier and Lane Gynecology; and Drs. **Lya Crichlow** and **Eric Velazquez** of Southeastern

The da Vinci system's advanced level of technology takes surgery beyond the limits of the human hand. The magnified view of the operating field, combined with the flexibility and precision of the

computer-controlled surgical tools, allows for very small incisions during surgery. Compared with traditional surgery, these smaller incisions potentially result in less blood loss, less pain and a quicker recovery. The first surgical case using the robotic system at SRMC was performed in September 2012.

A Lumberton native, Dr. Locklear completed a bachelor's degree in biological sciences at the University of North Carolina at Pembroke in 1998. He completed his medical degree at Brody School of Medicine at East Carolina University in 2004 and completed residency training in obstetrics and gynecology at Arnold Palmer and Winnie Palmer Hospitals in Orlando, Fla., in 2008. He is board certified in obstetrics and gynecology and has a special interest in treating chronic pelvic pain. He joined Southeastern Health in April of this year.

To schedule an appointment with Dr. Locklear, call 608-3078.

In the spotlight

Stay safe and healthy at work



Brooke Grooms, F.N.P.-C. Staley Jackson, M.D.

W.O.R.K.S. welcomes new provider and medical director

Every good reason to work—pride, passion, camaraderie, money, personal growth—also is a great reason to keep yourself healthy and safe on the job. Southeastern Occupational Health W.O.R.K.S., Southeastern Health's resource for workplace wellness and health care, welcomes Family Nurse Practitioner **Brooke Grooms** as a new provider and Dr. **Staley Jackson** of Southeastern Orthopedics as the new medical director.

Grooms, a Robeson County native, completed a bachelor's degree in biology with a concentration in molecular biology as well as a bachelor's degree in nursing, both from UNC Pembroke. She also completed a master's degree in public administration there in 2007 and a master's degree in nursing with family nurse practitioner training from UNC Wilmington in 2011.

Grooms has worked in Southeastern Regional Medical Center's emergency department and most recently with Southeastern Digestive Health Center.

A native of Washington, D.C., Dr. Jackson earned his medical degree from Ohio State University College of Medicine in Columbus, Ohio in 1979. He completed an internship in orthopaedics in 1979 and residency training in orthopaedic surgery in 1982, both at the U.S. Public Health Service Hospital in Staten Island, N.Y. He also completed residency training at New York Medical College in Valhalla, N.Y., in 1984. He has been affiliated with Southeastern Health for more than 18 years.

Dr. Jackson and Grooms join Family Nurse Practitioner **Annette Melvin** at Southeastern Occupational Health W.O.R.K.S., which is located at 725 Oakridge Blvd., Ste. A-3 in Lumberton. For more information, call (910) 272-9675.

Southeastern Surgical Center celebrates anniversary

Southeastern Surgical Center celebrated its second anniversary on September 15. Now located in the Southeastern Health Mall at Biggs Park Mall, the center first opened in 2011 in a temporary office adjacent to Southeastern Regional Medical Center.

Drs. **Lya Crichlow** and **Eric Velazquez**, who both trained in New York in minimally invasive surgery, partnered to open the practice. In the past two years, Southeastern Surgical Center has pioneered advanced minimally invasive procedures in Robeson County.

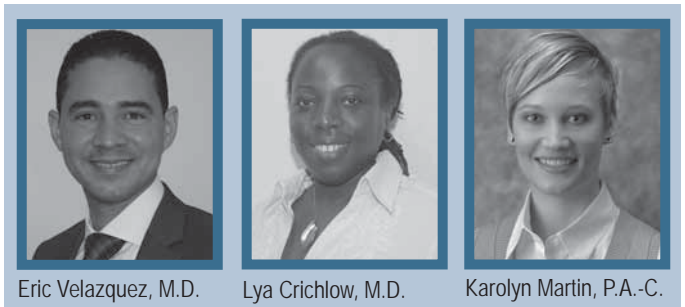
"It has certainly been a pleasure to be able to provide care for the past two years to the residents of Robeson County," said Dr. Velazquez. "We are looking forward to expanding our services in the coming years," added Dr. Crichlow.

As part of a strategic growth plan, Physician Assistant **Karolyn Martin** joined the practice early in 2013. The center is also pleased to announce that Dr. **Bamdad Farhad** will be joining the practice later this year. Dr. Farhad completed his training in Boston in minimally invasive surgery.

"I am very excited to join Southeastern Surgical Center," said Dr. Farhad.

Southeastern Surgical Center was the first general surgery clinic owned and operated by Southeastern Health. The providers in the practice specialize in general surgery, bariatric surgery, minimally invasive surgery as well as procedures using the da Vinci robot, including single site da Vinci procedures.

For more information, logon to www.southeasternhealth.org/surgicalcenter. To schedule an appointment, call (910) 739-0022.



Eric Velazquez, M.D.

Lya Crichlow, M.D.

Karolyn Martin, P.A.-C.



Karl Moo Young, D.O.

Southeastern Medical Clinic Gray's Creek welcomes second physician

Dr. **Karl J. Moo Young** recently joined the staff of Southeastern Medical Clinic Gray's Creek, an affiliate of Southeastern Health. He was previously associated with Southeastern Medical Clinic St. Pauls.

A native of Kingston, Jamaica, Dr. Moo Young earned his medical degree from Ohio University College of Osteopathic Medicine in Athens, Ohio in 1989 and completed an internal medicine residency at Saint Thomas Medical Center in Akron, Ohio in 1993. He is certified by the Osteopathic National Board and the American Board of Internal Medicine. His areas of special interest include diabetes, congestive failure and hypertension.

Dr. Moo Young joins Dr. **Tracy Bullard** at the clinic, which is located at 1249 Chicken Foot Road, Hope Mills. Expanded clinic hours are Monday through Wednesday from 8 a.m. and 8 p.m., Thursday from 8 a.m. to 6 p.m. and Friday, 8 a.m. to 5 p.m. For more information or to schedule an appointment, call 423-1278.

In the community



Breast cancer awareness

Many of Southeastern Health's affiliates decorated with pink during the month of October to raise awareness of breast cancer. Gibson Cancer Center's decorations, pictured at left, included pink flamingos and pink ribbon throughout the facility and the grounds. Local towns and area businesses were invited to join the effort by decorating with pink or inviting their employees to wear pink. SeHealth hosted several events during the month, ending with a "Pretty in Pink" walk at Biggs Park Mall on Oct. 23.

Southeastern Hospice's 28th Festival of Trees *Traditions of the season*

Holiday tree display | Unique Boutique crafts

Townsend Bldg. - Osterneck Auditorium,
102 N. Chestnut St., Lumberton, NC
(across from the Robeson County Public library)

Schedule

Sunday, December 8
1 until 5 p.m.
Monday – Tuesday,
December 9 & 10
9:30 a.m. until 5:30 p.m.

Admission fees

\$3.00 Adults
\$2.00 Senior citizens and children
(under 12 admitted free)
PrivilegesPlus members may
present card for free admission.



Call 671-5577 for more information.

Proceeds benefit Southeastern Hospice and Camp Care.

Advertising achievements

Southeastern Health was recently recognized for achievements in advertising by the Aster Awards, a medical marketing awards program allowing healthcare organizations and advertising agencies to compete against similarly-sized competitors from across the nation and world.

SeHealth was recognized with the following: gold award for website advertising for the Gibson Cancer Center internet banner series; silver award for the organization's new logo design; and silver award for website for the iwonagainstcancer.com site.

Advertising for SeHealth is directed by Marketing Coordinator **Ann McLean**, who works with Lynn Advertising Design of Erwin, N.C., for the organization's advertising initiatives.

The Aster Awards has an annual contest allowing entries designed, printed and/or distributed the previous year to be scored, judged and recognized for excellence in healthcare marketing and advertising. The contest is hosted by Creative Images, Inc., an internationally recognized firm that has specialized in strategic healthcare marketing for more than 20 years.



Southeastern Health President/CEO **Joann Anderson**, at left, and Marketing Coordinator **Ann McLean** display Aster Awards recently earned by the organization for advertising initiatives including website advertising, logo design, and web design.

In the spotlight

Southeastern Health offers new lung cancer screening program

By Elizabeth Locklear, public relations intern

Southeastern Health is now offering a lung cancer screening program which will be used for early detection of lung cancer in current and former smokers.

To qualify for the screening, patients must be over the age of 50 and must be a smoker or former smoker. Patients should meet with their primary care physicians to see if they qualify for the screening. If patients do not have a primary care physician, Southeastern Health can assist with finding one for them.

"Southeastern Health offers the only lung cancer screening program in the area," said Radiation Oncology Manager **Shari Kinlaw**. "It is a great opportunity to take charge of your health."

The screening is done through a low-dose computed tomography (CT) scan of the lung. The scan takes about five minutes and patients are not required to undress.

"It is all about early detection—the sooner the detection, the better the outcome and opportunity for a possible cure," added Kinlaw. "Once patients visit their primary care physicians, they can get the screening on a walk-in basis at Gibson Cancer Center, the Medical Imaging department at Southeastern Regional Medical Center or Lumberton Radiological Associates (LRA)," said Kinlaw.



Sharon Kinlaw was Southeastern Health's first patient screened for lung cancer through a new program offered to the community.

The cost of the screening is \$75 and is not covered by insurance. Southeastern Health employees also have the option of having the cost deducted from their payroll.

"Due to the fact that at this time the screening is not covered by any type of insurance, we decided to charge a minimal fee in order to offer a much-needed service to the community, not to make a profit." Kinlaw added.

Sharon Kinlaw [no relation to Shari Kinlaw], an employee of Gibson Cancer Center, was the first patient to be screened on October 1.

"I smoked for many, many years and need to have the screening," said Sharon Kinlaw. "The quicker I find out my health status, the better the outcome. The screening process is a great opportunity to ease my mind of possible lung cancer. It is a great opportunity for not only me, but also for the community."

Once a patient is screened, it takes about a week to get the results. The patient will be notified and any necessary follow-ups will be scheduled accordingly. Patients who meet the screening criteria should get the screening once each year.

For more information about the lung cancer screening process or to find a primary care physician, call (910) 735-8818.

A soft place to heal



Employees of Southeastern Medical Clinic North Lumberton recently donated a bed and mattress set to Southeastern Health's Transition Team to be given to a patient that did not have a proper place to sleep after being discharged from the hospital. Southeastern Health's Transition Team is a new program that helps transition patients from the hospital and ensures they have proper care in their home setting. Pictured with the bed hardware before it was delivered to the patient's home, from left, are Transition Team members: Transition Nurse **Sara Six**; Transition Nurse **Ashley Bryant**; Pharmacy Technician **Crystal Edge**; and Transition Nurse **Angela King**, and Southeastern Medical Clinic North Lumberton employees: Physician Assistant **Earl Cummings**; Practice Manager **Wanda Bodiford**; Nurse **April Groener**; Dr. **Charlene Locklear**; and United Allergy Representative Denise Williams. Not pictured is Dr. **Andrea Simmons**. For more information about the Transition Team, call 272-1493. To schedule an appointment at Southeastern Medical Clinic North Lumberton, an affiliate of Southeastern Health located at 725 Oakridge Blvd., Suite B2, call (910) 671-0052.

Are You Kiddin' Me? It Never Happened?

Employee assistance

by EAP Specialist Jack Crain



"90 percent of what killed me never happened." (Seen on a tombstone).

Mikayla is waiting to give a talk at a religious retreat. Her heart is racing and she feels a flash of terror. She starts to breathe quickly and her hands sweat and shake. Mikayla stands at the podium, takes a deep breath, and plunges in. The audience laughs at her first joke. She feels encouraged. Her hands are still shaky, but she can cope. When the applause at the end is over and she sits down, her heart is still pounding from the excitement. Mikayla feels great.

Archie is applying for a bank loan. He reacts with horror when the loan officer asks him to sign some documents in his presence. He recalls his kindergarten teacher's frowns and harsh words when she couldn't read what his shaking hand had written on some papers. He now finds it impossible to write in front of other people. Archie's heart beats faster and he starts to shake and sweat. He can't breathe and he's getting dizzy. He can't possibly fill out the papers! He runs out of the bank. Archie feels awful.

Mikayla and Archie were both anxious, and their bodies were geared up to deal with a challenge. But their responses to their anxiety were quite different. Mikayla saw her symptoms as excitement; Archie reacted with horror. Mikayla felt positive about what she was going to do; Archie felt out of control. Mikayla's talk was rewarded, and that reinforced her courage. Archie was so panicked that he ran away, which reinforces his belief that he can't cope.

Some fear is normal and healthy. It alerts us to specific threats and dangers, and readies our body for action. It helps us respond to crises, and it prepares us to meet new challenges. It also allows us to plan, search for alternatives, rehearse actions, and prepare for negative outcomes. The problem arises when there's too much of a good thing.

The anxiety disorders are the most common mental health care problems in the world today. Sufferers generally fall into one of the three primary kinds of anxiety:

- Generalized anxiety is a chronic disorder that often originates with one or two major concerns and spills over into all aspects of life. It may develop into a chronic anxiety state that lasts for more than six months, and is not accompanied by panic

attacks, phobias, or obsessive behavior. It may manifest itself with difficulty sleeping, lack of concentration, seeming inability to relax and enjoy life, and can become overwhelming and life-disrupting.

- Phobias are intense fears of a specific object or situation, usually out of proportion to any real risk. Spiders, snakes, heights, and the sight of blood or needles are common phobias. It is possible to learn a phobia, especially from a parent. Nearly any social situation can become feared: public speaking, blushing, writing in public, eating in restaurants, or using public toilets. Sufferers often worry continuously about whether the situation they fear is going to occur.
- Panic attacks, often coming suddenly and unexpectedly, overcome some people. They're usually intense for a few minutes, and then subside. Bodily symptoms include: chest pains, heart pounding, sweating, nausea, dizziness, sensation of choking or smothering, diarrhea and numbness or tingling. These symptoms are often accompanied by feelings of unreality and overwhelming fears of dying, going crazy, or losing control. Living in fear of their next attack, panic sufferers may avoid driving, being alone, or leaving the house.

Anxiety is manageable and treatable with medications. Studies show that learning a better response to stressful situations can often be more effective than medications. Some behavioral management techniques, i.e., learning to change your body symptoms, thoughts and actions in response to anxiety, include progressive muscle relaxation, exercise (which results in a "tranquilizer effect"), and indulging in a healthy pleasure that involves your five senses.

If you or a household member are concerned that you are one of the millions of people who experience anxiety in one of its various facets, call the EAP office at 671-5067 for a safe place and a listening ear.

--Information for this article was excerpted from *The Healthy Mind, Healthy Body Handbook*, D. S. Sobel, M.D. & R. O. Ornstein, PhD.

Promotions

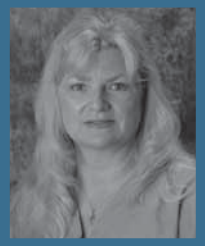


Ash Walker
(Cardiac Rehab) –
Supervisor

Ashley-Lynn Barnes (Health Info. Mgmt.) - Electronic patient folder scanner
Heather Brewington (Nursery) – Staff RN
Niesha Colson (Float) - Nursing assistant
Donna Holden (3-East) - Psych attendant/secretary
Shatasha Hunt (Delivery) - Surgical tech
Angela Jackson (3-East) - Shift supervisor
Brooke Jones (Float) - Nursing assistant
Michael McIntosh (Environmental Svcs.) - Lead hskping asst.
Laytona Meekins (ICU) - Inpatient clinical assistant
Katherine Pugh (3-East) - Shift supervisor
Sarah Six (Home Health/Hospice) - Post-acute care specialist

Our people

Bear Team customer service excellence winners



Mary Blackmon

Registered Nurse **Mary Blackmon** of Dublin was recognized as Southeastern Health's Bear of Excellence for the month of August. This award is presented to employees who exceed expectations.

She was recognized for going the extra mile for customers when addressing their needs; thanking customers for choosing our organization and services; and exemplifying "I am" what customers see and hear.

Blackmon was acknowledged with this award because she recognized a medical emergency involving a patient's family member and took it upon herself to transport the patient to seek the appropriate medical care and accompanied them throughout their experience.

"I love knowing that I have made a difference in people's lives and the feeling that I can help someone to stay at home and receive the care they need," said Blackmon, who has worked for Southeastern Home Care Services, an affiliate of Southeastern Health, for 10 months.



Mary Ann Jacobs

Customer Service Representative **Mary Ann Jacobs** was recognized as Southeastern Health's Bear of Excellence for the month of September.

She was recognized for going the extra mile for customers when addressing their needs; thanking customers for choosing our organization and services; and exemplifying "I am" what customers see and hear.

Jacobs was acknowledged with this award because of the consistent, exceptional customer service she offers to patients who need assistance with billing issues. One patient recently wrote a two-page letter describing the great lengths Jacobs went to in order to assist her with questions related to her medical bills.

"I felt very humbled and surprised by this honor," said Jacobs. "So proud that I could help the person in need and that I was able to help in finding the answer." Jacobs lives in Red Springs with her husband and has two children and five granddaughters. She has worked for Southeastern Health for 15 years.

In memoriam

Lacy Floyd
(Emergency Services)
1950-2013

Christine Mitchell
(WoodHaven)
1960-2013

Hammonds named as SeHealth director



Lekisha Hammonds

Lekisha Hammonds has been named director of Community Health Services for Southeastern Health. In this role, she leads the organization's efforts to improve the health of the community through programs such as Project H.E.A.L.T.H., Healthy Robeson, as well as offering free community health screenings for diseases such as diabetes and prostate cancer. She is responsible for the Diabetes Community Center and the Community Health Education Center, also known as CHEC, located within Biggs Park Mall. She also leads the Healthy Robeson Task Force, which is a collaboration of various health agencies throughout Robeson County.

Before accepting the director position, Hammonds served as interim director of Community Health Services for seven months. With over 15 years of experience in community health, Hammonds served as the manager/coordinator of Community Health Services with a focus on community health needs assessments, coalition building, planning, developing, and implementing community screens/health fairs/programs and services designed to meet the needs of the community.

A Robeson County native, Hammonds earned a bachelor's degree in community health education from UNC Pembroke in 2000. She also earned a master's degree in health services with a concentration in community health from California College for Health Sciences in 2005. She is credentialed as a master certified health education specialist as well as a registered health educator.

Speakers Bureau

Manager **Kathy Hansen** (Southeastern Wound Healing Center) spoke to the OK! Senior Group of Lumberton on Sept. 3 on *Wound healing*.

Director **Joe Buri** (Engineering and Facility Mgmt.) spoke to the Lumberton Rotary Club on Sept. 3 on *Southeastern Health Park*.

Family Nurse Practitioner **Peggy Newman** (Southeastern Medical Clinic White Lake) spoke during the monthly meeting of the Elizabethtown/White Lake Chamber of Commerce on Sept. 10 on *Focus on White Lake*.

Physician Assistant **Bob Hollingsworth** (Southeastern Medical Clinic Red Springs) spoke to the residents of Providence Place on Sept. 17 on *The importance of breast and prostate screenings*.

Coordinator **Amanda Roberts** (Wellness) presented a program to members of the Pine Street Senior Group on Oct. 1 on *Laughter yoga*.

