



THE OUTER BANKS HOSPITAL Health Coach

Allow The Outer Banks Hospital to be your personal health coach.

Breaking Ground on a World-Class Cancer Center. Right Here!



The dream is becoming a reality! The Outer Banks Hospital and Medical Group will break ground in June on a cutting-edge outpatient cancer center.

“Sometimes it takes a while for dreams to come true,” said Ronnie Sloan, FACHE, president of The Outer Banks Hospital and Medical Group. “When I started here 11 years ago, I knew the need for a comprehensive cancer center was real.”

Since that time, The Outer Banks Hospital has grown an accredited cancer program that includes chemotherapy, hematology and radiation therapy. “We began looking for a site to build a cancer center

The new outpatient cancer center will be located across the Bypass from the hospital and will house all cancer services under one roof.

about four or five years ago when it became clear that our linear accelerator equipment, in the original radiation therapy practice north of the hospital, was aging out,” noted Sloan. “That’s when we selected the site across the Bypass from the hospital and built the new Radiation Therapy Center.”

The goal was to one day expand that center to house all cancer services under one roof. “It’s really about the coordination of care,” added Sloan. “We already have great services, which is proven by the way we’ve decreased cancer mortality rates in our community.

But for the best care possible, having all services in one location so that caregivers across the cancer program are better able to communicate and coordinate care plans is the right thing to do for our patients.”

The idea of a cancer center was never questioned, and the hospital’s partners, ECU Health (formerly Vidant Health) and Chesapeake Regional Healthcare, backed the idea with significant support. In addition, the Outer Banks community has stepped up with very generous gifts that have moved the needle on the fund raising goals. “Our community never ceases to amaze

me,” said Tess Judge, vice-chair of The Outer Banks Hospital Board of Directors and co-chair of the Cancer Center Campaign. “This project is a passion for many because everyone is touched by cancer in one way or another. That’s

“For the best care possible, having all services in one location so that caregivers across the cancer program can communicate and coordinate care plans is the right thing to do for our patients.”

- Ronnie Sloan, FACHE
president of The Outer Banks
Hospital and Medical Group

why our residents and visitors deserve this state-of-the-art cancer center.”

“It’s amazing that despite COVID, this capital campaign is right on schedule,” said Cindy Thornsvar, co-chair of the Cancer Center Campaign. “We still have some work, but we know that once the ground breaking occurs and construction begins, enthusiasm for this project will continue. There’s absolutely no doubt that we will achieve our campaign goal.”

If you are interested in contributing to The Outer Banks Hospital Cancer Center Campaign, please contact Jennifer Schwartzberg, director of development, at 252-449-5933 or visit TheOBH.com/cancercenter. ■



Have you had your ANNUAL LUNG-O-GRAM?

TheOBH.com/LoveYourLungs





May/June 2022

Health Coach



Education, Support and Community Events

■ Support for Cancer Patients and Their Caregivers

A cancer diagnosis can be overwhelming, and the journey through treatment and beyond is challenging for everyone. That's why The Outer Banks Hospital offers several free programs and support groups for people affected by cancer.

Support Groups

Coping with Cancer Support Group – meets on the 2nd Wednesday of each month from 11:00am-Noon

Breast Cancer Support Group – meets on the 3rd Wednesday of each month from 11:00am-Noon

Caring for the Caregiver – meets on the 4th Wednesday of each month from 11:00am-Noon

For more information or to reserve your spot, please contact Janet Creef, LCSW, at 252-449-2314 or by email at Janet.Creef@theobh.com.

Look Good, Feel Better

Does cancer treatment have you feeling sluggish and looking a little bit less like yourself? Now being offered virtually, sessions with licensed beauty professionals will show you how to use makeup and skincare products to bring back your natural beauty and lift your spirits. For more information or to register for a virtual session, please contact Marie Neilson at 252-449-5935 or by email at Marie.Neilson@theobh.com.

■ Stroke Support Network

Tuesday, May 3 | 11:00am-Noon

Tuesday, June 7 | 11:00am-Noon

Virtual Zoom Meetings

A stroke can be an overwhelming diagnosis. The Outer Banks Hospital is offering a free virtual Stroke Support Network on the first Tuesday of every month for those affected by stroke. For more details and information on registration, contact Robin South, RN, at 252-449-4554 or by email Robin.South@theobh.com.

■ Advance Care Planning

Thursday, May 26 | 3:30pm-4:30pm

Thursday, June 9 | 9:00am-10:00am

Baum Senior Center | 300 Mustian St., Kill Devil Hills

Do you know who would get to make medical decisions for you if you have not completed a healthcare power of attorney advance directive? Join us for a free session and learn the who, what, when, where, how and, most importantly, why of advance care planning. For more information, call 252-475-0905.

■ The Blood Connection Blood Drives

Wednesday, May 18 | 8:00am-1:00pm

The Outer Banks Hospital | 4800 S. Croatan Hwy., Nags Head

Saturday, June 11 | 10:00am-3:00pm

Outer Banks Family YMCA | 3000 S. Croatan Hwy., Nags Head

The Blood Connection will be hosting a community blood drive on the Outer Banks. All donors will receive a \$20 e-gift card. All donors are asked to make an appointment to best control social distancing. Walk-ins are welcome, but appointments are highly



May



June

recommended and take priority. To make an appointment, scan one of the QR codes to the left or visit Donate.TheBloodConnection.org. Your TBC Donor Card or a photo ID will be required. For more information, call 252-449-4529.

■ Over-the-Counter (OTC) Medicine Giveaway Events

Friday, May 20 | 10:00am-3:00pm

College of The Albemarle | 205 US-64, Manteo

Tuesday, May 24 | 10:00am-Noon

Fessenden Center | 46830 NC-12, Buxton



In partnership with NC MedAssist, The Outer Banks Hospital will be bringing two OTC giveaway events to Dare County! Those in need of OTC medications can select and receive them at no cost. Reserve your free OTC medications by scanning the QR code to the left.

Additionally, the hospital will be offering free A1C screenings for those 18 years of age or older, and The Blood Connection will be on-site hosting a blood drive. For more information, call 252-449-4529.

■ Free Wellness Screenings

Tuesday, May 10 | 9:00am-Noon

Baum Senior Center | 300 Mustian St., Kill Devil Hills

Wednesday, June 15 | 8:30am-Noon

Virginia S. Tillett Center | 950 Marshall C. Collins Drive, Manteo

The Outer Banks Hospital will be on-site offering free wellness screens. Wellness screens include blood pressure, heart rate, cholesterol, blood sugar, body mass index and health coaching. Walks-ins are welcome. To reserve an appointment time, call 252-449-4529.

■ Free A1C Screenings

Wednesday, June 8 | 9:00am-Noon

Baum Senior Center | 300 Mustian St., Kill Devil Hills

The Outer Banks Hospital will be on-site offering free A1C screenings for those 18 years of age or older. A1C screenings measure a person's blood glucose level over the past three months. Walks-ins are welcome. To reserve an appointment time, call 252-449-4529.

■ Namaste at the Beach

Tuesday, May 17, 24, 31 | 7:30am-8:30am

Tuesday, June 7, 14, 21, 28 | 7:30am-8:30am

Jennette's Pier | 7223 S. Virginia Dare Trail, Nags Head

Friday, June 3, 10, 17, 24 | 6:30am-7:30am

Ocean Bay Blvd. Beach Access | 103 S. Virginia Dare Trail, Kill Devil Hills

Get your morning started, weather permitting, with yoga classes on our beautiful beaches. The classes are designed for men and women of all skill levels. Please bring your own water bottle and yoga mat or towel. Questions? Call 252-449-4529.

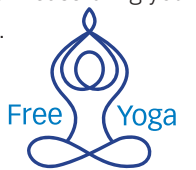


■ Namaste on the Sound

Wednesday, June 8 & 22 | 5:45pm-6:45pm

NC Aquarium on Roanoke Island | 374 Airport Rd., Manteo

Wind down your day with free yoga classes overlooking the sound. Gates open at 5:15pm for this weather-permitting offering. The Aquarium will not be open during this event. This is a family-friendly class; children may join with adult supervision. Please bring your own water bottle and yoga mat or towel. To reserve your spot, call 252-449-4529.



■ Road to a Healthier You Virtual Series



Are you ready to move toward a healthier lifestyle? Join experts from The Center for Healthy Living who will help guide you to your North Star during this three-part series. To register, visit theobh.com/northstar or scan the QR code to the left. For questions, call 252-449-4529.

Friday, June 3 | Noon-1:00pm | Via Zoom

Denise de Pedro, NBC-HWC, Tobacco Specialist, and Marielle Silk, FNP-BC will lead a tobacco cessation session for current smokers only.

Friday, June 10 | Noon-1:00pm | Via Zoom

Jaclyn Hall, RDN, will lead a session about healthy summer nutrition tips and also share some healthy summer recipes.

Friday, June 17 | Noon-1:00pm | Via Zoom

Marielle Silk, FNP-BC, will provide an overview of lifestyle medicine and stress management using the six pillars of lifestyle management.



I N A U G U R A L

Stroke Awareness Walk

Saturday, May 21 | Registration 9:00am; Walk 9:45am

Dowdy Park | 3005 S. Croatan Hwy, Nags Head

The Outer Banks Hospital invites you to participate in the Inaugural Stroke Awareness Walk to celebrate those who have been affected by stroke and learn about services offered through the hospital's Stroke Program. Our team will be on hand to provide free stroke risk assessments for anyone interested.

Registration will be at 9:00am and the four-lap (one mile) walk around Dowdy Park will begin at 9:45am. **For more information, please call 252-449-4529.**

**FREE
EVENT &
T-SHIRT!**