



THE
OUTER BANKS HOSPITAL

Health Coach

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

Welcoming the Future with Open Arms. We Got This.



The Cowell Cancer Center is taking shape and will open in fall 2023.

It's been a challenging few years. Between the pandemic and the economy, many people have experienced higher levels of exhaustion, disappointment, and loss.

As an organization, The Outer Banks Hospital and Medical Group certainly has had to navigate some rough seas too. Still, we're choosing to celebrate our many wins and to be grateful as 2022 comes to a close.

Our focus is always on **"can do"** which is why 2023 is looking better than ever for access to primary care throughout Dare County. Five new providers will be joining our team. This will enable us to open access for new adult patients from anywhere in Dare County as these new providers build out their patient panels over the

coming months. (See boxes to the right for more information.)

Over the past few years, we learned that even when times are tough, staying focused on the goal and maintaining a positive outlook will ultimately move the needle in the right direction.

Our Cancer Services team didn't skip a beat in spite of challenging times. Their tenacity and grit moved us across the finish line to become a nationally accredited breast center.

This is in addition to our recertification as a nationally accredited cancer program. "As a small community hospital, we are one of only eight in the nation with an accredited cancer program," noted Radiation Oncologist Charles Shelton, MD. "Now with our

breast care accreditation we can proudly say we're the first hospital of our size in the nation to achieve that designation."

Speaking of cancer services, our new cancer center is taking shape. The steel girders are rising from the ground, and if all goes according to plan, the doors will open in the fall of 2023. That means all of our cancer services will be under one roof, and patients will not have to travel from one building to another or, worse, long distances to receive state-of-the-art cancer treatment and care. This is a dream we've had since 2012.

The Outer Banks Hospital celebrated its 20th anniversary in March of this

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year. That's 20 years of growth and innovation that has provided the Outer Banks community access to primary and specialty healthcare services, such as outpatient rehabilitation therapy, and the Center for Health Living.

We will not stop, especially when the going gets tough. We'll keep the focus on moving forward and upward so that we can continue to provide the highest-quality healthcare services.

Outer Banks Medical Group Primary Care Practices and Providers

Below is a list of our primary care providers by geographical location. The list includes current and new providers.

Roanoke Island

Family Medicine-Manteo
Dr. Cara Sumners
Dr. David Worthen
Dr. Erin Baker

Hatteras Island

Family Medicine-Avon
Dr. Bentley Crabtree
Dr. Jamie Fountain
Dr. Al Hodges

Nags Head

Family Medicine-Nags Head East
(Located across the highway from the Outer Banks Mall complex)
Dr. Mark Worthen
Rachel Stanford, PA (starts in December)
Edie Mullally, DNP (starts in January)
Thomas Ferguson, PA (starts in January)

Nags Head

Family Medicine-Nags Head West
(co-located with Urgent Care in the Outer Banks Mall complex)
Dr. John Sanchez
Brooke Clarke, NP
Marina Turner, DNP

Nags Head

Internal Medicine
Dr. Art Metcalf
No new access at this location.

Kitty Hawk

Family Medicine-Kitty Hawk
Dr. Jeff Ray
Sarah Summerton, NP
Jeanne Moore, PA
Lori Lancsek, NP (starts in January)
Alyssa Smith, PA (starts January)



Have you had your flu vaccine?

Get your **FREE** flu vaccine at one of our remaining flu clinics in December. Use the QR code to visit our list of upcoming flu clinics.



Primary Care Access Line: 252-449-4540

If you are interested in establishing care with a primary provider, please call our Primary Care Access Line at **252-449-4540** and leave a message. We will return your call within three days to confirm receipt of your message and that your name has been added to the waitlist. We are diligently working through the waitlist and appreciate your patience over the next few months as we schedule appointments.



December 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 11:00am – Noon

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

Caring for the Caregiver – meets on the 4th Wednesday of each month 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

The Outer Banks Hospital Cancer Services has partnered with the Look Good, Feel Better Foundation, the Professional Beauty Association, and community cosmetologists and estheticians to provide the Look Good, Feel Better Program for local cancer patients. Trained beauty professionals demonstrate the use of makeup techniques, wigs, and scarves to help women with cancer cope and adjust to the side effects of treatment (hair loss and changes to skin complexion and nails).

The program is provided free of charge to all female cancer patients. During this time, we will also be offering these sessions virtually. Please contact Marie Neilson at 252-449-5935 or Marie.Neilson@theobh.com to enroll in a session.

■ The Blood Connection Blood Drive

Saturday, December 3 | 10:00am – 3:00pm

The 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. Walk-ins are welcome; however, appointments are highly recommended and take priority. To make an appointment, use the QR code, or for more information, call 252-449-4529.

■ TOBH Stroke Support Network

Tuesday, December 6

11:00am – Noon via Zoom

A stroke can be an overwhelming diagnosis. The Outer Banks Hospital offers free virtual stroke support on the first Tuesday of every month for stroke survivors and their caregivers. For more details and information on registration, contact Robin South, RN, at 252-449-4554 or Robin.South@theobh.com.

■ Advance Care Planning

Thursday, December 8 | 3:30pm – 4:30pm

Baum Center | 300 Mustian Street, 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 and advance directive? Join us for a free session and learn the who, what, when, where, how, and, most importantly, why of advance care planning. Please note: If you require only witness/notary assistance, please arrive 10 minutes before the close of the session. For more information, call 252-475-0905.

■ FREE Flu Vaccine Clinics*

Fight the flu and stay well! Protect yourself and those around you by getting the flu vaccine at one of these events. Most events will allow participants to stay in their vehicle.

Appointments are highly recommended and take priority; call 252-449-4529. Walk-ins are welcome, but flu vaccines will be available on a first-come, first-served basis.

Thursday, December 1 | 10:30am – 1:30pm

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

Friday, December 2 | Noon – 2:30pm

Outer Banks Medical Group North Campus
5118 N. Croatan Hwy., Kitty Hawk

Tuesday, December 6 | 10:30am – 1:00pm

Hatteras Library | 57709 NC Hwy. 12, Hatteras

Tuesday, December 6 | 2:30pm – 4:00pm

REAL Watersports | 25706 NC Hwy. 12, Waves

Friday, December 9 | 10:30am – 1:30pm

Kill Devil Hills Library | 400 Mustian Street, Kill Devil Hills

Saturday, December 10 | 9:30am – Noon

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

Monday, December 12 | 5:00pm – 7:30pm

TOBH Main Entrance | 4800 S. Croatan Hwy., Nags Head

**Participants must be 18-64 years old to receive a flu vaccine. We STRONGLY recommend that individuals ages 65+ receive the High-Dose Quadrivalent Flu Vaccine this year. Please note that this clinic does NOT administer the High-Dose Quadrivalent Flu Vaccine. Individuals ages 65+ may not be fully protected by the Standard-Dose Quadrivalent Vaccine.*



Scan the QR code for our latest event information.



gala to go



Saturday, February 11, 2023

Presented by The Outer Banks Hospital
Development Council

Dinner for two prepared by Chef Wes Stepp of
Red Sky Café and NC Coast Grill & Bar

\$150 per Gala to Go dinner (feeds two people and
includes dinner, dessert, and wine)

Proceeds from the Gala to Go support The Outer
Banks Hospital Cancer Center. For more details, visit
TheOBH.com/GalatoGo2023 or call 252-449-5933.



**Have you had your
ANNUAL
LUNG-O-GRAM?**

TheOBH.com/LoveYourLungs