

## FamilyFest 2014

— SAVE THE DATE —

APRIL 26

9:30 a.m. – 2:00 p.m.  
Ledgerwood Park

See page 4 for the full story.



**Roanoke Valley Community Health Initiative**  
"Empowering Healthy Lives" Lifestyles"

## Sign Up Today

Halifax Regional is dedicated to providing the community with the knowledge and skills needed to empower its residents to lead a healthy lifestyle. Each month your HealthEd email will contain information pertaining to a healthy lifestyle topic, nutrition and activity tips, recipes, and more.

To sign up, go to [halifaxregional.org](http://halifaxregional.org) and click on the "Sign up for HealthEd Email" icon.

# Spirit of Halifax

The Community Newsletter of Halifax Regional



## We're Making an Impact



Halifax Regional Medical Center

## In My View

When you think about the role of Halifax Regional in our community, it's likely you'd think of the way we provide vital health care services and



William Mahone  
President Halifax Regional

help people improve their health. In 2013, Halifax Regional treated over 40,000 people in our Emergency Care Center, performed over 4,000 surgical cases, and delivered almost 600 babies. Our team of exceptional physicians, skilled nurses and staff of the Medical Center take pride in providing you and your loved ones the health care services they need.

But there is another perspective of our Medical Center. We are a large employer in our economy. Halifax Regional's contribution to the economy of our community is significant. This economic role is often overlooked and rarely measured—until now.

The Halifax County Economic Development Commission offered to measure the economic impact of the Medical Center and asked the Frank Hawkins Kenan Institute of Private Enterprise, at the Kenan-Flagler Business School at the University of North Carolina at Chapel Hill, to identify the role Halifax Regional plays in our economy.

Continued on page 5

Continued on page 5



Halifax Regional Medical Center  
250 Smith Church Road  
Roanoke Rapids, NC 27870  
[www.halifaxregional.org](http://www.halifaxregional.org)

NONPROFIT ORG  
U.S. POSTAGE  
PAID  
PPCO

**Twenty-sixth Edition.** Spirit of Halifax is the newsletter of Halifax Regional, published quarterly to inform residents of the Roanoke Valley about the advancements at the Medical Center. If you have questions or comments, please contact Shameka Lloyd at 252-535-8743 or [slloyd@halifaxrhc.org](mailto:slloyd@halifaxrhc.org). © 2014, Halifax Regional Medical Center.

## 20<sup>th</sup> Anniversary Annual Golf Tournament

Registration is underway for Roanoke Regional Foundation's 20<sup>th</sup> Anniversary Annual Golf Tournament. The event, to be held June 20, 2014 at Chockoyotte Country Club, is a mainstay fundraising activity for the Foundation, bringing in \$17,000 in 2013.

This year's tournament kicks off with a 7:30 a.m. registration, featuring a full country-style breakfast, followed by an

8:00 a.m. tee time. There will be a second tee time at 1:00 p.m., following a steak and shrimp lunch at 12:30 p.m.

Registration fee is \$400 per team and tee times are first come, first served.

Sponsorships are available, including Presenting, Purple, Gold, Putting Contest, Beverage Cart, Closest to Pin and Flag at the Pin. Email Betsy Morris, [bmorris@halifaxrhc.org](mailto:bmorris@halifaxrhc.org), or call

252-535-8476 for pricing and availability.

This year's tourney will also feature a fashion show, with clothing provided by the Quality Shop. The show begins at 3:00 p.m. in the sunroom at the club. Admission is a \$20 donation to the Foundation.

## Hospitalist Program Provides Dedicated Inpatient Care 24/7

Imagine the security and convenience of having a physician actually in the hospital during your stay, dedicated to keeping tabs on you any time, night and day, giving you the personal attention you expect. Halifax Regional Medical Center's Hospitalist Program makes that possible.

Halifax hospitalist associates are physicians working as on-site hospital physicians and are here to focus solely on your care while you are hospitalized.

Since there's always a hospitalist on duty, you and your family members can receive answers to any questions and stay informed with condition updates, test results and changes in treatment at any time.

It's likely you'll be under the care of the same familiar face for the duration of your stay, greatly contributing to your confidence and peace of mind. Should a shift change occur, a detailed handoff process, including discussion of your condition and course of treatment, ensures the continuity of care.

Halifax Regional hospitalists know the Medical Center intimately. This allows them to get things done efficiently and effectively with less inconvenience to you. Halifax hospitalists have the inside track on how our systems work, where facilities and staff members are, and what has to be done to provide the care you need.

The Hospitalist Program also allows your primary care provider to spend more time with patients in the office, knowing there is a qualified, trusted team of physicians caring for you and keeping them informed of your condition.

### How the Program Works

Upon admission to the hospital, you can request your primary care provider be notified that you were admitted. Your provider will then relay relevant information about your condition, send any necessary patient records and provide a detailed medical history, when needed.

Once admitted to the hospitalist service, you will be cared for by a hospitalist physician, who provides on-site, 24-hour inpatient care at the Medical Center. Our hospitalists offer prompt and complete



Introducing our Hospitalists, top row (left to right): Nkechinyere Obiefuna, Edem Avoke, Courage Emokpae; bottom row (left to right): Chinedu Onuorah, Hazel Duncan-Guy, Tochukwu Agbata

attention to all your medical needs, including diagnosis, treatment, performance of certain medical procedures and coordination of inpatient care through specialists and other health care staff.

The program also allows the hospitalist and your primary care provider to work together during your stay. The hospitalists work collaboratively to serve as your care team while you're in the hospital, your primary care provider may also check on you and discuss your care with the hospitalist and other team members at any time.

### Returning Home

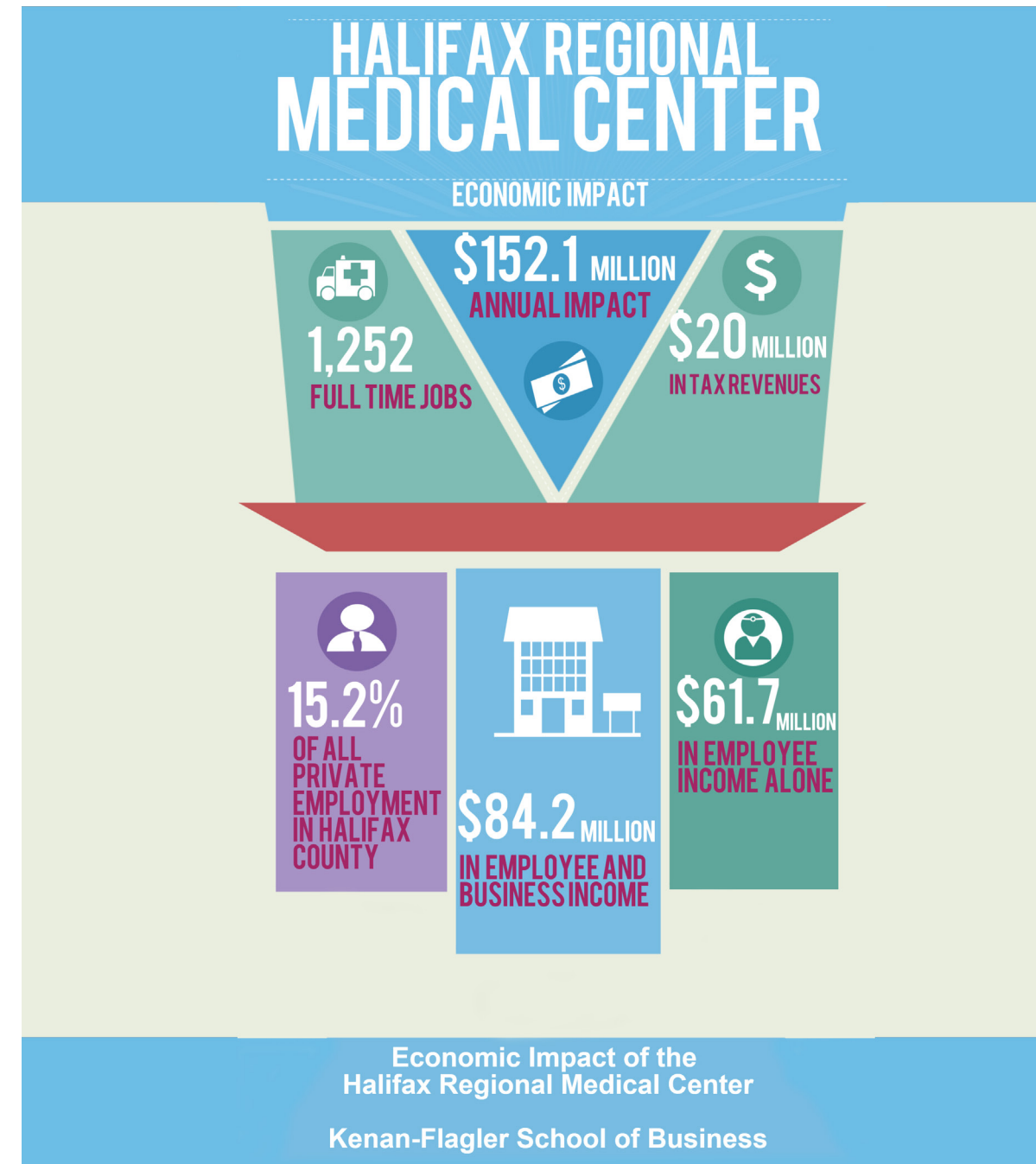
At discharge, your hospitalist will provide you with detailed instructions about your care at home and make arrangements for any prescriptions you may need when you are discharged. Your follow up appointment with your primary care provider will be scheduled by the hospital staff at this time. Be sure to follow through with those instructions, including keeping your scheduled follow-up office appointment with your primary care provider.

A detailed report of your hospital stay, containing important information such as test results and treatment plan, will be

sent to your primary care provider soon after you are released from the hospital so that he or she will be fully informed of your hospital stay and prepared to continue your care. Please keep in mind that the refilling of your prescriptions will then be handled by your primary care provider.

The hospitalist program at Halifax Regional Medical Center is another example of our commitment to creating a compassionate environment where we deliver the best care every hour of every day.

To learn more about Halifax hospitalist associates, contact Tiffany Mose, hospitalist program & physician billing office manager, at [tmose@halifaxrhc.org](mailto:tmose@halifaxrhc.org).



Continued from page 1

### Growing Jobs

Labor costs greatly affect the ability of companies to stay financially healthy, and health care constitutes a major portion of that cost. Quality, affordable, local health care services through Halifax Regional continue to be a plus for businesses considering locating or expanding in our region.

### Attracting Retirees

Persons entering retirement have become a much sought after stimulus to local economies. Even with the challenges of recent years, this area continues to be a magnet for retirees. When choosing a retirement location, quality health services in the community of choice ranks high on the list of must-haves, along with safety, housing and recreational opportunities.

### Reinvesting in Our Communities

Keeping local health care dollars at home protects the jobs and income of local

residents. With the full line of services available through Halifax Regional, individuals have little need to travel outside the area to receive quality health care, thus avoiding the potential loss of jobs and income to local residents.

The existence of a strong health care system plays a critical role in local economic development and sustainability by attracting and supporting businesses, industries and new residents, as well as generating jobs and payroll in its own right.

By providing jobs and creating demand for services ranging from physicians' offices and residential care facilities to real estate offices, retail establishments and more, Halifax Regional Medical Center continues to be a vital artery in the financial well-being of the region.

Continued from page 1

In this study, we learned that Halifax Regional has an annual economic impact of \$152 million. Halifax Regional is the largest source of private sector jobs accounting for 15.2% of all private employment in Halifax County. In addition to being the largest private employer, the Medical Center and our employees generate nearly \$20 million in tax revenue each year. The goods and services our Medical Center purchase from other local businesses creates a ripple effect creating the demand for additional jobs and business activity. This \$152 million per year also includes what our employees spend in the region and the additional jobs created.

The flow of economic activity from the Medical Center affects everyone here. Halifax Regional offers high quality health care services and has been recognized for our exceptional quality outcomes (#1 for Joint Replacement, safer surgical outcomes), preventive measures (Hepatitis B Vaccine Birth Dose Honor Roll), and excellent nursing care (Great 100 Nurses of North Carolina). Access to local health services is a key quality of life factor and promotes the recruitment of new industries and jobs.

Our mission is to be a leading partner in a healthier community. As we move from sick care to health care, we want to continue to play a significant role in the economic development of our region.

Thank you for allowing Halifax Regional to serve you and our region for over 100 years. We ask for your continued support. If you need care, we are here to provide you local, high quality, health care services.

Will Mahone, President  
[wmahone@halifaxrhc.org](mailto:wmahone@halifaxrhc.org)

## Hilton Garden Inn of Roanoke Rapids is Halifax Regional Foundation's First Hotel *Give Back* Partner



Left to right: R. Monique Broadnax, Director of Sales; Shawn Gravelle, General Manager; and Betsy Morris, Halifax Regional Foundation Coordinator

**G**ive Back, a new program from Halifax Regional Foundation, offers area hotels an opportunity to make a meaningful contribution to the health and well-being of our region.

Leading the way as the program's first participant is The Hilton Garden Inn of Roanoke Rapids.

"The Hilton Garden Inn of Roanoke Rapids, NC is excited to collaborate with the Halifax Foundation to launch the *Give Back* program," said Shawn Gravelle, general manager, Hilton Garden Inn of Roanoke Rapids. "We are honored to be the Foundation's first partner."

To participate, a hotel agrees to contribute either a percentage of each Medical Center-related room night booking, or a fixed amount, to the Foundation. Reservations can be booked online via a link on the hospital website [halifaxregional.org](http://halifaxregional.org) or by contacting a participating hotel directly and mentioning the Halifax Regional Foundation.

The program came about when William Mahone, president, Halifax Regional Medical Center, happened to mention

the idea to Betsy Morris, foundation coordinator, and Shameka Lloyd, director of marketing at the Medical Center. The two later "...tag teamed on the idea and ran with it," according to Morris.

While currently focused on lodging facilities, the program may expand to include other businesses in the future.

"We are grateful to the Hilton Garden Inn of Roanoke Rapids who agreed to be our first partner in the program," said Morris. "Special thanks to Shawn and his team for helping the Foundation get this program underway."

Would your hotel like to make an impact on health care and health education in the Roanoke Valley?

We are actively seeking additional lodging partners interested in helping to further the Foundation's fundraising and education efforts. To learn more, contact Betsy Morris at [bmorris@halifaxrhc.org](mailto:bmorris@halifaxrhc.org) or call 252-535-8476.

How can I avoid a heart attack?  
Can snoring be a sign of a more serious health condition? What's the best way to treat depression?  
How should I care for a relative with diabetes?

**P**eople always want the facts about these and other health-related issues and we can help. Halifax Regional offers free seminars and presentations on a host of different medical and health-related topics at absolutely no cost to your organization. We will also bring our own equipment, you simply provide electricity and space for a screen.

For a free Speakers Bureau brochure, to schedule a speaker, or give us suggestions for topic idea, contact Cheryl Wheeler, customer service coordinator at [cwheeler@halifaxrhc.org](mailto:cwheeler@halifaxrhc.org) or 252-535-8289.

## Call for Volunteers

**S**hare your time and your talents by joining the volunteers at Halifax Regional. If you have a day or a few hours a week; we can use your help. For more information or an application, contact Kay Hines, volunteer coordinator, at 252-535-8687. Applications are also available at the Halifax Regional Information Desk and Gift Shop (front lobby).

## Let FamilyFest 2014 Get You Moving



Top: Leah, professional dance instructor, gets a group of young people moving with Zumba®  
Bottom: Attendees were offered several tasty and healthy snacks

**H**aving a hard time getting your family moving after a tough winter? Couch potatoes still on the couch? Getting the physical activity your family needs gets harder all the time. The Centers for Disease Control and Prevention now recommends children get one hour of exercise each day.

### Not happening at your house?

Then join us for the Roanoke Valley Community Health Initiative's FamilyFest 2014. This 2nd annual event will be held April 26, from 9:30 a.m. to 2:00 p.m. at

Ledgerwood Park, located near the corner of 11th Street and Vance Street in Roanoke Rapids.

FamilyFest is a wonderful way to engage your family in this year's theme, "Moving and Playing," while having a great time. Join us for a fun day of games, relays, delicious snacks, dancing, healthy recipes, face painting, health screenings and more—plus a surprise guest!

Looking for ways to get your family moving now? Try these tips:

### Pick and Run

Variety is all that. Got a three-point specialist in the family? Search for other ways for her to be physically active, such as swimming, hiking or playing tennis. Mixing it up is the best way to protect your star from burnout.

No matter your children's sports of choice, it's equally important to leave time for unstructured play. How do you make that happen? Show them the door. You'll likely find them discovering the joys of simple games like kick the can, red rover, and yes, tag. Just don't let them know it's good for them!

### Not Just for Kids

No matter the age, regular physical activity is an important part of maintaining good health. Got a senior in your household? Anything that gets them off the couch and moving will help them enjoy the best health possible.

Be sure to check with their doctor before starting an activity. But don't be surprised to see grandma pumping iron!

### Here's Looking at You

You've heard the saying 'caught, not taught,' right? When you're the one promoting physical activity for your family, all eyes are going to be on you. So set a good example. Once they see you enjoying and benefitting from exercise, they'll be ready to join in.

If you've already begun a family program, use FamilyFest 2014 to show it off. You'll be an inspiration to folks who need it. And you might even find a new workout partner!

Mark your calendar now to bring the whole family to FamilyFest on April 26. Got a question about the event? Please contact Debbie Sanders at **252-535-8663**.

In the event of rain, activities will be relocated to the T.J. Davis Recreation Center at 400 East 6th Street.

Halifax Regional is a strong supporter of the Roanoke Valley Community Health Initiative and dedicated to providing the community with the knowledge and skills needed to empower residents to lead a healthy lifestyle. For health news, tips and great ideas to get your family moving and playing, visit [halifaxmedicalcenter.org/healthy](http://halifaxmedicalcenter.org/healthy).