



THE OUTER BANKS HOSPITAL Health Coach

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

Spring Brings New Urgent Care + Family Med Location



Providers from both Outer Banks Family Medicine and Outer Banks Urgent Care (Nags Head) tour their new facility, which is under construction. Pictured above left to right: Amanda Williams, FNP; John Sanchez, DO; Carlson "BJ" Johnson, FNP; Heather Brown, FNP-C; Brooke Clark, FNP-C.

"Twenty Years of Growth and Innovation" is the tagline for The Outer Banks Hospital's 20th anniversary celebration this year. During the past two decades, the hospital has consistently created more robust and enhanced healthcare services for the Outer Banks community.

The creation of the Outer Banks Medical Group in 2016 is a great example of that growth, and this spring, true to form, the Outer Banks

Urgent Care and Outer Banks Family Medicine practices in Nags Head will relocate across the bypass to a completely remodeled facility.

"Our goal with the rebuild of this new location is to enhance services as well as provide a better experience for our patients and team members," said Lynne Miles, regional administrator of the Outer Banks Medical Group. "We redesigned the former Applebee's building with team member input, and

the end result will be better work flows, more natural light, and areas for providers and staff to recharge throughout their shifts."

The same great team currently located in the existing building will be making the move. "We're all so excited to be relocating into this state-of-the-art facility," notes Krista Sipe, director, regional operations for the Outer Banks Medical Group. "New X-ray equipment, an on-site lab, and close proximity to the hospital will really enhance care." She added, "Each of the practices will have their own suite, and the location will offer everyone a much improved parking experience."

Miles noted that the Outer Banks has a finite number of sites to establish medical practices. "By taking an existing building and completely remodeling it, we're able to still provide urgent care services in two key locations for Outer Banks residents and visitors."

The move, scheduled for early spring, will vacate the existing urgent care and family medicine building and allow The Outer Banks Hospital to begin its next growth project with



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the new cancer center. "It's been a dream for almost a decade to create a place where all cancer services could be located under one roof," said Ronnie Sloan, president of The Outer Banks Hospital. "With the support of our Development Council, the generosity of our partners and community members, and now the relocation of our urgent care and family medicine practices, the dream is becoming a reality. Stay tuned as we take the next step in this very exciting journey." ■

Urgent Care or Emergency Room?



Urgent Care
Minor injuries
& ailments



Emergency Room
Life-threatening
conditions



You're close to feeling better.

Knowing when to visit the emergency department or urgent care is important.

To learn more, visit TheOBH.com/Where-to-Go-for-Care



February 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, 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.

■ Advance Care Planning

Thursday, February 10 | 10:00am-11:00am

Baum Senior 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 advance directive? Join us for a free session and learn the who, what, when, where, how, and, most importantly, the why of advance care planning. For more information, call 475-0905.

■ The Blood Connection Blood Drives

Saturday, February 19 | 10:00am-3:00pm

The Outer Banks Family YMCA Parking Lot

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 and are asked to make an appointment to best control social distancing. Walk-ins are welcome; however, appointments are highly recommended and take priority. To make an appointment, use the QR code below. For more information, call 449-4529.

TBC DONOR CARD OR PHOTO ID REQUIRED.



Road to a Healthier You

Virtual Series! A new year is a great time to reflect. 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 virtual three-part series. To register, visit TheOBH.com/northstar.

Questions? Call 449-4529.

Friday, February 25 | Noon to 1:00pm | Via Zoom
Topic: Creating Your Optimal Well-Being
Featuring Christina Bowen, MD, ABOIM, DipACLM

Don't miss the Gala to Go silent auction!

Bid on a variety of items, including original artwork, in our online silent auction and help raise funds for the future Cancer Center. Bidding closes at 11:59pm on Wednesday, February 16. Use the QR code to the left to start bidding!

Share Your Love

For Healthcare Workers

SHARE YOUR LOVE for all local healthcare workers throughout February!

We invite the Outer Banks community to share a special story or sentiment on their social channels about local healthcare workers.

The past few years have been hard. Let's show all local healthcare workers that they are appreciated with:

- An Instagram story, post, or video
- A post on Facebook
- A tweet on Twitter

Be sure to include the hashtag **"#Shareyourlove"**! Or add your love to our *Share Your Love* page by visiting TheOBH.com/shareyourlove with this QR code. Questions? Call 252-449-5933. Thank you!