



# HealthCoach

Timely, trusted advice from Outer Banks Health



This holiday season, focus on you and your quality of life.

## Give Yourself the Gift of Living Better, Longer

As the holiday season approaches, why not give yourself the most meaningful gift of all—a healthier, longer life? Living longer doesn't have to be about big changes or complicated plans; you can start slowly by following the shared simple habits of individuals who regularly live to be 100 years old and more. Those habits are called the Power 9®, and they are practiced by the centenarians who reside in the world's Blue Zones. Below are examples of each of the Power 9 that can be incorporated easily into your daily life. Take your time and add one of the nine to your life each week or each month. Practicing the Power 9 is the gift that keeps on giving.

### 1. Move Naturally

Instead of opting for expensive exercise equipment or complicated apps, think of natural movement as a small present you can unwrap each day. By walking along our pristine beaches, taking the dog for walks more

often and longer, biking to local shops, or approaching yard work with enthusiasm you experience natural movement—a powerful habit that when practiced daily has many health benefits.

### 2. Purpose

Reflecting on your life's purpose is a precious gift. Write down what brings you joy—maybe it's family, hobbies, or community service—and commit to engaging in activities that align with these passions. Plan regular family game

nights or volunteer opportunities; these moments enrich your life and make every day feel like a celebration.

### 3. Downshift

As the holiday hustle and bustle begins, consider stress reduction techniques as a valuable gift to your mental well-being and physical health. Try dedicating a few minutes each day to mindfulness or meditation, or taking a quiet walk in nature. Creating a refreshing escape will help you downshift during this hectic season.

### 4. 80% Rule

When it comes to meals, think of the 80% rule as a way to nourish yourself thoughtfully. Stop eating when you're 80% full, and enjoy the festive gatherings without discomfort. Focus on vibrant, whole foods from local markets and savor each bite like a delicious gift.

### 5. Plant Slant

Shifting your diet toward more plant-based foods can be a powerful gift. Start small by adding one vegetarian meal to your week. Explore local produce or join a community garden to grow your own vegetables. Cooking with fresh ingredients not only supports your health but also can be a creative outlet.

### 6. Belong

Cultivating strong social ties is one of the greatest gifts you can give yourself. Connect with friends and family regularly, planning gatherings centered around healthy meals and outdoor activities. A supportive community enhances your sense of belonging, making your health journey feel festive and uplifting.

### 7. Loved Ones First

Prioritize family time as a meaningful gift to yourself and those you love. Create traditions that involve healthy activities—like family hikes, cooking together, or sports. These moments strengthen relationships and foster a shared commitment to a healthier lifestyle, creating lasting memories.

### 8. Right Tribe

Surrounding yourself with like-minded individuals can be a transformative gift. Seek out friends or groups that inspire you to make healthier choices. Together, you can celebrate successes and navigate challenges, fostering an environment of support.

### 9. Spirituality

Nurturing your spiritual well-being is a profound gift that can enhance your overall quality of life. Engage in practices that promote reflection, such as meditation, prayer, or quiet time in nature. This connection grounds you, offering a deeper sense of fulfillment.

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# November/December 2024

## Education, Support and Community Events

### The Blood Connection Blood Drives

The Blood Connection will be hosting community blood drives on the Outer Banks. All donors are asked to make an appointment. Walk-ins are welcome, but appointments are highly recommended and take priority. To make an appointment, scan the QR code or visit [thebloodconnection.org](http://thebloodconnection.org). All donors will receive an e-gift card. *Outer Banks Health team members, please present your badge upon arrival at the blood drives listed below.*

**Friday, November 1 | 8 a.m. - 1 p.m.** | Outer Banks Health | 4800 S Croatan Hwy, Nags Head

**Monday, November 18 | 11 a.m. - 4 p.m.** | North Carolina Aquarium on Roanoke Island | 374 Airport Rd, Manteo

**Saturday, December 7 | 10 a.m. - 3 p.m.** | Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head



### Outer Banks Health Stroke Support Network

Outer Banks Health offers a free virtual Stroke Support Network on the first Tuesday of every month for stroke survivors and their caregivers. For more details and to register, contact Robin South, RN, at 252-449-4554 or by email at [Robin.South@theobh.com](mailto:Robin.South@theobh.com). Attend in person or via Zoom.

**Tuesday, November 5 | 11 a.m. - noon**

Outer Banks Health Port Room or Via Zoom

**Tuesday, December 3 | 11 a.m. - noon**

Outer Banks Health Port Room or Via Zoom

### Advance Care Planning

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, informative session about advance care planning. If you require only witness/notary assistance, please arrive 10 minutes before the close of the session. Questions? Call 252-475-0905.

**Tuesday, November 5 | 9:30 a.m. - 10:30 a.m.**

Baum Senior Center | 300 Mustian St, Kill Devil Hills

**Tuesday, November 5 | 1:30 p.m. - 2:30 p.m.**

Virginia Tillett Center | 950 Marshall C Collins Dr, Manteo

**Thursday, December 12 | 10 a.m. - 11 a.m.**

Baum Senior Center | 300 Mustian St, Kill Devil Hills

### Community Flu Vaccines & Wellness Screenings

Outer Banks Health offers free wellness screenings, which include blood pressure, heart rate, cholesterol, blood sugar, and body mass index, as well as health coaching. Flu vaccines will also be available for participants 18-64 years of age. Anyone 65+ is encouraged to see their provider or local pharmacy for the higher-dose flu vaccines. Walk-ins are welcome if appointments are available. To secure a spot, use the QR code to register. Questions? Call 252-449-4529. All screenings will take place on the Outer Banks Health Coach vehicle in the parking lot.



**Wednesday, November 6 | 9 a.m. - noon**

Community Care Clinic of Dare | 425 W Health Center Dr, Nags Head

**Tuesday, November 12 | 10 a.m. - 1 p.m.**

Manteo Library | 700 US-64, Manteo

**Tuesday, November 19 | 5 p.m. - 8 p.m.**

Outer Banks Health Hospital Entrance | 4800 S Croatan Hwy, Nags Head

**Wednesday, November 20 | 12:30 p.m. - 3 p.m.**

Virginia Tillett Center | 950 Marshall C. Collins Dr, Manteo

**Friday, November 22 | 11:30 a.m. - 2:30 p.m. \*flu vaccines only**

North Carolina Aquarium on Roanoke Island | 374 Airport Rd, Manteo

**Wednesday, December 11 | 10:30 a.m. - 1:30 p.m.**

Children & Youth Partnership for Dare County | 534 Ananias Dare St, Manteo

**Friday, December 13 | 9 a.m. - noon**

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

**Monday, December 16 | 5 p.m. - 8 p.m.**

Outer Banks Health Hospital Entrance | 4800 S Croatan Hwy, Nags Head

### The Outer Banks Health Better Breathers Club

Individuals with chronic lung disease and their caregivers are invited to join the American Lung Association Better Breathers Club. Learn better ways to cope with conditions such as COPD, pulmonary fibrosis, and asthma while getting the support of others in similar situations. Meetings will be held on the second Wednesday of every month. To register, scan the QR codes.



November



December

**Wednesday, November 13 | 10 a.m. - 11 a.m.**

Outer Banks Health Port Room

**Wednesday, December 11 | 10 a.m. - 11 a.m.**

Outer Banks Health Port Room

### World Diabetes Day Health Fair and Lunch & Learn: Diabetes and Well-Being

Join OBH and other local organizations that offer resources to those living with diabetes. Then enjoy a healthy lunch while learning how to put well-being at the heart of living with diabetes from speaker Nikki Forbes, MSN, APRN, AGCNS-BC, Clinical Nurse Specialist for Diabetes at ECU Health Medical Center.

**Thursday, November 14**

**Health Fair | 10:30 a.m. - noon**

**Lunch & Learn: Diabetes and Well-Being | noon - 1 p.m.**

Baum Senior Center | 300 Mustian St, Kill Devil Hills



### Namaste with the Sharks

Join us for a FREE yoga class in the Graveyard of the Atlantic exhibit area. Designed for all skill levels, the gate opens at 5:15pm. While the Aquarium will not be open, restrooms will be available. Please bring a yoga mat and water. Secure your spot by calling 252-449-4529.

**Wednesdays: November 20 & December 11**

**5:30 p.m. - 6:30 p.m.**

NC Aquarium on Roanoke Island | 374 Airport Rd, Manteo



November



December

### Power of Art Expression Workshop

Thanks to a Community Benefit Grant from Outer Banks Health, Dare Arts provides FREE workshops (including supplies) for cancer patients, caregivers, and survivors. Space is limited and registration is required. Visit [DareArts.org/workshops](http://DareArts.org/workshops), email [DareArtsPrograms@gmail.com](mailto:DareArtsPrograms@gmail.com) or call Dare Arts at 252-473-5558 to reserve your spot.

**Wednesday, November 20 | 2 p.m. - 4 p.m.**

**Wednesday, December 18 | 2 p.m. - 4 p.m.**

Cowell Cancer Center Education Room | 4927 S Croatan Hwy, Nags Head

### Lung-o-Gram Screening Event

In recognition of the American Cancer Society's Great American Smokeout on Thursday, November 21, Outer Banks

Health is offering Lung-o-Grams for qualified patients. This annual low-dose CT scan is recommended for people at high risk of developing lung cancer. To learn if you qualify, call 252-449-7338 or visit [outerbankshealth.org/loveyourlungs](http://outerbankshealth.org/loveyourlungs). Appointments are required.

**Thursday, November 21 | 4 p.m. - 7 p.m.**

Cowell Cancer Center Radiation Therapy Center  
4927 S Croatan Hwy, Nags Head

Have You Had Your  
**Annual Lung-o-gram?**



[OuterBanksHealth.org/LoveYourLungs](http://OuterBanksHealth.org/LoveYourLungs)



### Buxton Community Health Fair

Join us for this free event, open to the public. Outer Banks Health will offer free flu vaccines and wellness screenings, including blood pressure, heart rate, cholesterol, and blood sugar on the Outer Banks Health Coach. The Dare County Sheriff's Office will host a medication drop-off, and Beach Food Pantry will provide fresh foods. Speak with local nonprofits and agencies that focus on creating a healthy Outer Banks and other local resources. Questions? Call 252-449-4529.

**Wednesday, December 4 | 10 a.m. - 1 p.m.**

Fessenden Center Annex | 47017 Buxton Back Rd, Buxton

### Honor a Loved One with the Tribute Path

Honor or memorialize a loved one by placing a custom-engraved paver on the Cowell Cancer tribute path. Scan the QR code or go to [give.ecuhealthfoundation.org/TOBHtributepath](http://give.ecuhealthfoundation.org/TOBHtributepath) to learn more and order your paver.



Have a wonderful, safe holiday season!