

Back in 1969 when we were considering retiring in Pine Knoll Shores, we went down to the hospital to find out what health facilities were available. After all, we have to admit that we aren't eighteen any more, and we want to know what health care is available. Some of you who have not yet built may be wondering, too. Our hospital, Carteret General, has expanded in the nine years since we started our home. There are now 116 beds. There are twenty-eight doctors who have staff privileges with the following specialties represented: family practice, general surgeons, obstetrics and gynecology, radiology, pathology, orthopedics, ophthalmology, emergency room physicians, and general practice. The emergency room gives twenty-four hour service.

When we moved here, there was one nursing home, the Harbor View which has 56 beds. This has recently been redecorated throughout - fresh paint, wallpaper, little personal touches. Mrs. Jernigan, the new administrator, spoke of the many volunteers who help, of her aides who "take great pride in their work", and of the "love and attention" they offer. Harbor View is proud of its food (they furnish the food for the Meals-on-Wheels program.) There are RN's and LPN's on duty twenty-four hours a day and doctors on the staff and on call.

Last August a second nursing home opened across from the hospital on Bridges Street. Mrs. Rebecca Arrington, Director of Nursing, tells us that it has 92 beds of which 40 are for patients needing skilled nursing (the knowledge and judgment of a registered nurse). 52 are for intermediary care (licensed practical nurse working under consultation with a registered nurse.) There are three doctors on call, and any doctor in town may refer patients there. The social services director and recreational therapist are full time; the physical therapist comes two days a week. There is a full time food service supervisor and a consulting dietitian. This is a bright, airy, modern facility of which area residents may well be proud.

Behind the nursing home is the Carteret Care Rest Home which is planned for patients who do not need care by a registered nurse. The patients may come and go - holidays away from the home are encouraged. Patients pay their own doctor and medical bills. The home serves meals in an attractive dining room at tables for four, and residents can have snacks in the recreation rooms. Although there are seven single rooms, the rest in this 60 bed facility are double rooms. It was built and designed in accordance with state regulations with such features as doors wide enough for wheel chairs and fire-retardant fabrics (Rosemary Miller who showed us through the Home told us that the firemen actually burned pieces of carpeting and drapes to make sure).

Three from PKS who completed the Emergency Medical Technician course at CTI in the fall term are DICK MANSFIELD, TURNER WILLIAMS, and POLICE OFFICER DAVID BROWN.

March 4 is Captain Fred Gillikin's 100th birthday. He is the oldest living Coast Guard. Captain Fred who lives in Marshallberg can tell all sorts of fascinating tales about Carteret County. He can boast that his uniform still fits. (Some of us can't say as much). You have already heard lots about Captain Fred Week and the many events planned in his honor. Congratulations, Captain Fred.

There will be two courses given for AMBULANCE ATTENDANTS, one starting March 7 and the other April 18. These courses will consist of lectures on defensive driving and first aid. Under North Carolina law, no one may drive an ambulance unless he has taken the course or is an EMT. The courses consist of 33 hours of lectures and practical work. Both will be held on Tuesday and Thursday evenings from 7 to 10 P.M. for five weeks. Because we have only twelve or fourteen EMT's for our Pine Knoll Shores Rescue Squad, we need qualified drivers to augment the Squad. J. Thompson

The Pine Knoll Shores EMT's met February 7 to plan for practice sessions and to make plans for service to the town even before the squad has an ambulance. As soon as a communication system is set up, members will be able to go to a rescue call to give immediate aid until the Atlantic Beach ambulance arrives. Members are planning to carry first aid kits in their cars. The members also agreed that they would offer BLOOD PRESSURE checks. Watch the Carteret Times for a definite date.