

Everyday Women, Making a Difference

Uplift

Meet our
Uplift Woman
of the Year

+ Skincare
through the
seasons

Hope Ostane-Baucom

A publication of the
Credell Health Foundation



Welcome to Uplift

Welcome to the 2nd issue of Uplift, a magazine that represents more than just ink on paper. It is a symbol of hope, a source of encouragement, and a testament of the limitless power of unity and perseverance. Uplift pays tribute to women who are not only shaping their own lives, but also impacting the world around them by inspiring others in our community to reach their full potential.

Uplift is a place to share stories of women who believe in lifting others, who understand that even the smallest act of kindness can have a significant impact. We want to create a community of supportive women who uplift each other on their journey.

Today and every day, we celebrate the many accomplishments of our local women and inspire the next generation of courageous women while raising funds to bridge the gap between healthcare and an individual's out-of-pocket expenses. Donations to the Foundation's Women's Health Fund support preventive

screenings such as mammograms, ultrasounds, and diagnostic services.

International Women's Day Breakfast Keynote Speaker Jessica Lynch, a motivational speaker, teacher, former U.S. Army soldier and POW, is a prime example of overcoming obstacles and persevering.

She said: "When I remember those difficult days, I remember the fear, I remember the strength, I remember that hand of that fellow American soldier, reassuring me that I was going to be okay."

We welcome you to be a part of this empowering narrative and invite you to share your stories, experiences and ideas that can inspire and motivate our readers. Let's celebrate the strength of women, the power of community, and lift each other.

Do you have a story? We would love for you to share it with us at Foundation@iredellhealth.org.

Distinguished Corporate Health Partners



Especially for Women

Breast Cancer Support Group

Breast cancer survivors certainly face many challenges. Please join our support group, as you are not alone on this journey. Your support person is also welcome.

Our group meets the first Tuesday of each month, 6-7pm, in the front conference room of the Statesville Family YMCA. No reservation is required and refreshments are provided.

For more information, contact Judy Porter, oncology patient navigator at Iredell Health System, by calling 980.223.2796, extension 1078.



Mammo Mondays in Mooresville

Scheduling a mammogram can be hectic. At Iredell Imaging at Mooresville, we make it a little bit easier to receive a 3D mammography screening.

At Iredell Imaging at Mooresville, we know how difficult making and keeping mammogram appointments can be. Women are busy! That's why we started Mammo Mondays. We welcome same-day and walk-in appointments every Monday during regular business hours.

Scan the QR code
to learn more.





Uplift Woman of the Year: Hope Ostane-Baucom



“To me, there is no greater love language than food.” – Hope Ostane-Baucom.

Ostane-Baucom is Iredell Health System’s 2025 Uplift Woman of the Year. Her passion for all things food was sparked after a mammogram that changed her life in August 2019.

“Five masses led to five biopsies which led to determining I had cancer in both breasts and my lymph nodes.”

Ostane-Baucom went on to endure three major surgeries in 18 months, touting her medical team as the most supportive and encouraging people she’d ever met in her life.

“I had an amazing village,” she said.

During her recovery, she decided to start a small backyard garden with her mother-in-law. The pair was able to grow enough food to store, cook, and share.

“With that understanding of being able to share food, especially during the pandemic when food shortages were tearing our community up, I said to myself ‘If I made it through this cancer mess, I want to go to school for agriculture.’ If I understood the science of agriculture, imagine how many people I could feed.”

Ostane-Baucom describes her knack for agriculture as a gift.

“God has given me this gift and allowed me to inherit this trait from my ancestors. I thought, ‘How can I use this gift to help others?’”

Ostane-Baucom earned her degree in Agribusiness Technology from Mitchell Community College and interned with the Charlotte Mecklenburg Food Policy Council, focusing on bringing local food access to community members in need. She is now the International Communications Coordinator for the Rural Advancement Foundation with a mission of giving farmers technical and financial assistance. Her role is to review information and communicate it in a digestible way.



“Even though it took me going through breast cancer to identify and use my gifts, I encourage everyone to not wait until something tragic happens in your life to do it. Take that chance. Sign up for that class. Apply for that funding. Do it!”

Her giving heart, passion for community, and unwavering resilience are why Hope Ostane-Baucom has been named Iredell Health System’s 2025 Uplift Woman of the Year.

“Stand out on courage, have faith in yourself, and know God gave you that gift for a reason.”

Learn More:

At the 3rd annual Iredell Health Foundation’s International Women’s Day Breakfast, presented by Fora Dermatology, Hope Ostane-Baucom received the Uplift Woman of the Year award. This esteemed recognition is bestowed upon a local woman who embodies exceptional qualities of leadership, resilience, and empowerment, making a remarkable impact in our community. Hope Ostane-Baucom’s resilience and servant’s heart make her the perfect candidate for this.

Nominate Your 2026 Uplift Woman

Do you know a remarkable woman, dedicated to uplifting others, providing guidance, and encouraging individuals to live their fullest lives while striving for greatness? Nominate her for our Uplift Woman Award, which embodies all of those characteristics. A woman deserving of this award is a shining light in our community through tireless efforts and inspiring actions, igniting hope and empowering those around her.

To nominate a woman who inspires and uplifts you, email us at Foundation@iredellhealth.org.

Nominations are accepted from March through November each year.



Seasonal Skincare: Your Guide to Healthy Skin, All Year Long

By Bishir Al-Dabagh, MD, MBA, FAAD
Fora Dermatology



Seasonal changes call for seasonal skin care routines. Why is that? Different amounts of sunlight, humidity, temperature, air-conditioning/heating can cause your skin to react differently. This does not mean that you have to go out and buy a ton of products and change them out every few months. It means that minor tweaks in your skincare can give you healthier and more vibrant skin. This can keep away itching, dryness, cracking, inflammation, redness, etc.

Winter: Dry and Irritated Skin

The winter is well known for skin dryness and irritation, this is because in the winter:

- Cold air and low humidity levels strip moisture from the skin which leads to dryness and flakiness.
- Indoor heating exacerbates dryness making the skin feel tight and irritated.
- Inflammatory conditions like eczema and psoriasis often worsen due to the lack of moisture.

What Should You Do:

1. Avoid Exfoliation: this is because the winter air is dry and can itself be irritating. If you do want to exfoliate, do so gently.
2. Hydrate your skin: use a thick moisturizer with ingredients such as hyaluronic acid, ceramides, oatmeal, and glycerin. Definitely moisturize after showering or bathing.
3. Avoid long hot showers: while these may feel good in the winter, they dry out the skin. Lukewarm and short showers are recommended.
4. Use a humidifier: since the air is so dry, it will suck the water out of your skin. Putting more moisture in the air via a humidifier can help your skin retain the moisture.

Spring: Allergies and Sensitivities

The spring leads to warmer temperatures and increased humidity. The skin tends to start getting more oily. Additionally, pollen and allergens can trigger itching, inflammation, and breakouts.



What Should You Do:

1. Exfoliate Gently: now that the winter is gone, you can start exfoliating your skin, but be careful. Remove winter dry skin buildup to allow moisturizers and serums to penetrate effectively.
2. Moisturize with lighter products: avoid thick and heavy moisturizers to prevent acne and clogged pores.
3. Protect Against Allergens: wash your face and hands to remove pollen and plant allergens, especially when you are outdoors! Wear pants and long sleeves if possible.
4. Apply Sunscreen: as we get more sunlight, don't forget to apply your sunscreen!

Summer: Sun Damage and Oiliness

As the days get even longer, sun exposure increases. Vacations, beach trips, and pool parties are happening! Sunburns occur, increasing the risk of skin cancer and photoaging. More sun also means dark spots, hyperpigmentation and melasma. Humidity causes more oiliness and breakouts.

What Should I do?

1. Use a Broad-Spectrum Sunscreen: choose SPF 30+ and reapply every two hours, especially if swimming or engaging in activities. Make sure it is water resistant if you are in the water.
2. Use Oil-Free Products: lightweight, non-comedogenic (non-acne causing) moisturizers and makeup can help prevent breakouts.
3. Wear Protective Clothing: hats and sunglasses are essential for shielding your skin from harmful UV rays.
4. Avoid midday sun exposure: UV rays are strongest between 10 AM and 2 PM. Try to plan your outdoor activities around those times.

Fall: Transition and Cool Weather

Autumn is my favorite season. However, cooler temperatures and lower humidity can cause the skin to dry out once again. The effects of the summer sun, such as uneven pigment tone and texture, can be more evident at this stage.

What to Do:

1. Repair Summer Damage: incorporate products with ingredients like vitamin C, niacinamide, and retinoids to address pigmentation and restore skin health.
2. Hydrate Your Skin: transition back to richer moisturizers as the weather cools. Try to moisturize after showers and baths.
3. Exfoliate to Brighten: exfoliating gently once to twice a week can help even the skin tone and texture, be careful not to overdo it!
4. Wear Your Sunscreen: even in the fall, we need to wear our sunscreen and protect our skin from the effects of UV rays.

Understanding how the seasons affect your skin can allow you to tailor your routine to keep your skin vibrant and healthy. Of course, everyone is unique and some of us have other skin conditions or disorders that we need to take into consideration.

If you have additional questions or concerns about your skin, we can see you at Fora Dermatology. We have an excellent team of providers and staff creating a warm and inviting environment. We see everyone from infants to adults.

Don't forget to take care of your skin and have a wonderful year!



FORA @ GATEWAY

118 Gateway Blvd, Suite A
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FORA @ BLUEFIELD

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HOURS

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