



NEWSLETTER

Serving others, giving hope, changing lives



WORLD AIDS DAY

Each year, HopeHealth kicks off December commemorating World AIDS Day with our annual AIDSWalk in Florence to raise awareness for those affected by HIV and AIDS in our community.

This year's program included guest speaker Rick Felder, who has lived with the disease for more than 30 years. Felder discussed advances in HIV treatment and overcoming the stigma surrounding the disease.

More than 1.2 million people in the US are living with HIV infection and, of those, one in eight (150,000) do not know they have the virus.

At the Medical Plaza and HopeHealth in Manning, Aiken, and Orangeburg, the free and confidential rapid finger-stick test provides results in 20 minutes. Walk-in testing hours vary by site and evening testing is available by appointment.

To learn more about testing and our 2019 AIDSWalk, visit us on Facebook or at hope-health.org/news.

Scheduled closings

All HopeHealth offices will close at noon, Monday, Dec. 24, and return to usual hours on Wednesday, Dec. 26.

All offices will also close at noon, Monday, Dec. 31, and reopen at normal times on Wednesday, Jan. 2.

Celebrating with food

Christy Evans, MSN, ANP-C

The holidays are occasions for celebration and spending time with family and friends and most of these celebrations revolve around food – lots of food.

Tempting treats surround us for weeks during this season, but there are ways to help keep your eating habits under control.

Moderation is key to celebrating and maintaining a healthy diet. Eating a small healthy snack before leaving home for a party and setting yourself a calorie limit for events can help you avoid consuming too much.

Simple ways to help maintain a healthy diet during celebrations include using a small plate to help control how much food you select, drinking plenty of water, and being mindful of how fast you are eating. Slow down and savor the taste!

When hosting, be sure to include healthy food choices.

Follow healthy recipes that involve baking, broiling or grilling rather than frying, serve colorful platters with fruits and vegetables, and provide zero- or low-calorie beverage options such as sparkling water.

After eating, pack up the food to help prevent food grazing.

If you have a moment of weakness and have a cookie or two, don't sweat it! Get back on track!

Tips to help stay on track include:

- Eating a small healthy snack before a party or social gathering
- Choosing healthier foods
- Alleviate cravings for sweets by eating healthier foods first
- Eat slowly and mindfully
- Avoid too many sweets
- Limit foods high in carbohydrates
- Choose calorie-free beverages
- Don't hang out near the food
- Use a smaller plate to help control your portions

