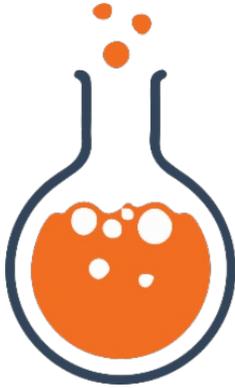


AUGUST 2021

THE PATIENT PRESCRIPTION 

Your Health Begins Here



 COMMUNITY HEALTH CENTERS
THE **CHEMISTRY** FOR
STRONG COMMUNITIES 
NATIONAL HEALTH CENTER WEEK | #NHCW2021 

National Health Center Week 2021

August 8-14 is National Health Center Week and aims to raise awareness about the mission and accomplishments of America's community health centers.

Community health centers such as HopeHealth not only prevent illness and foster wellness in the most challenging populations, but also produce innovative solutions to the most pressing health care issues in our local communities.

This year, HopeHealth, the National Association of Community Health Centers, and the Health Center Advocacy Network invite you to help celebrate how health centers are "The Chemistry for Strong Communities" by becoming a CHC advocate. [Learn more](#) about community health centers and [become an advocate](#) today!

Kimberly O. Johnson

Director of Community Engagement

HopeHealth Medical Plaza Patient Vaccination Drive for ages 18-30

Free DoorDash Gift Card!

(while supplies last)

Call your provider today to schedule your first-dose COVID-19 vaccine appointment for Aug. 20 at the Medical Plaza in Florence.

Open to HopeHealth Patients at all locations.
Vaccines are administered at the Medical Plaza: 360 N. Irby St., Florence.

Sonda Jett-Clair named Lifestyle Change Coach of the Year



Congratulations to Sonda Jett-Clair, chronic disease prevention coordinator at the HopeHealth Medical Plaza! Jett-Clair has been recognized by the South Carolina Public Health Association as the Lifestyle Change Coach of the Year.

In addition to teaching patients about diabetes prevention and management, Jett-Clair oversees a variety of programs and classes designed to help prevent and manage chronic illnesses such as diabetes, high blood pressure, and weight management.

Upcoming Lifestyle Classes

WellPower Weight Management Program

Eat Better, Feel Better, Live Better!

Led by a registered dietitian, this eight-week program, led by a registered dietitian will help you learn positive changes with eating and exercise to manage your weight and feel healthier!

The program includes:

- Pre and post assessment appointments with Dr. Heather Leisy, wellness physician
- Weekly classes & program booklet with topics such as:
 - Menu plans and recipes
 - Nutrition basics for the grocery store, eating in and out.
 - Physical movement that works for YOU!
 - Goal setting
 - Dealing with emotional eating, setbacks, and more!
- Group support
- Accountability, weekly weigh-ins, and incentives

Classes start the week of Sept. 13!

Two class options

Monday mornings – weigh in: 10-10:15 a.m. | Class: 10:15-11 a.m.

Tuesday evenings – weigh in: 5-5:15 p.m. | Class: 5:15-6 p.m.

For more information or to register, contact
Kayla Thompson at the Medical Plaza, Suite O, in Florence or call 843-664-3631.

Call today and make a positive change in your life!

To learn more about classes and other public events currently available at HopeHealth, visit hope-health.org/events.

SAFETY IN THE HEAT

As we enter the dog days of summer with high temperatures and humidity, the risk for heat-stress injuries is high. According to the National Institute for Occupational Safety and Health, the most at-risk people for a heat stroke or heat injury are:

- Infants and young children - never leave them in a car even with windows down!
- People over age 65
- People who are overweight
- People who have heart disease or high blood pressure, or who take certain medications for depression, insomnia, or poor circulation



Tips for reducing the risk of heat-related illnesses:

- **Stay hydrated** - drink plenty of fluids, about 16 ounces before starting outdoor activity and 5-7 ounces every 15 to 20 minutes
- **Avoid dehydrating liquids and sugary drinks** - alcohol, coffee, tea, and caffeinated soft drinks can hurt more than help. Also avoid very cold drinks as they can cause stomach cramps
- **Replace salt and minerals** - a sports drink can replace the salt and minerals you lose in sweat. If you are on a low salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your provider before drinking a sports beverage or taking salt tablets
- **Schedule frequent breaks** - Take time for rest periods and water breaks in a shaded or air conditioned area

Last but not least, don't forget to **keep your pets hydrated** too. Provide plenty of fresh water for your pets, and leave the water in a shaded area.

Stay safe, and stay cool!!

William Poole
Director of Security

Accessing Care From Home

HopeHealth offers a secure Patient Portal for those who wish to participate in telehealth services using a smartphone or computer. Visit hope-health.org/televisit for more information.

HopeHealth QuickLinks

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hope-health.org

Support Community Health Centers at hcadvocacy.org. Become an Advocate Today!