

December 2021

# THE PATIENT PRESCRIPTION

Your Health Begins Here

**NEW LOCATIONS NOW OPEN**  
**Williamsburg, Clarendon Counties**

# Now Open!

2266 Hemingway Hwy.



**Steve Reeves, MD**  
*Primary Care, HopeHealth*



## HopeHealth in Hemingway

HopeHealth in Hemingway opened Dec. 1 and [Dr. Steve Reeves](#) is accepting primary care patients at our newest Williamsburg County location at 2266 Hemingway Hwy., Hemingway.



Kathleen Budde, FNP-BC  
HopeHealth Endocrinology

Dr. J. Harrell Docherty, Jr.  
HopeHealth Endocrinology

## HopeHealth on Mill Street

Rheumatologist [Dr. J. Harrell Docherty Jr.](#) is joined by family nurse practitioner [Kathleen Budde](#) this week in HopeHealth's newly-renovated offices at 409 S. Mill Street, Manning. Located across from HopeHealth in Manning, the Mill Street office opens Dec. 8 and offers rheumatology services.

Visit [hope-health.org/news](https://hope-health.org/news) for the latest updates.

## AIDSWalk Celebrates 30 Years of serving the Pee Dee



Walkers decked out in red T-shirts gathered at the Medical Plaza Saturday, Dec. 4, for the annual

AIDSWalk program. The event was the first time walkers met at the Medical Plaza and provided additional space for information about HopeHealth, AIDS and HIV awareness, behavioral health services, health screenings, and more.

The event kicked off with a moving invocation from Sonyetta Cooper and a skit by the youth improv team, Dramatic Coffee Beans, out of Lake City, followed by words from HopeHealth CEO Carl. M. Humphries and the awareness walk around the Medical Plaza campus.

Walkers received AIDSWalk 2021 T-shirts and were treated to a to-go boxed lunch to conclude the event. Check out our [Facebook page](#) for photos of the event!

To learn more about HIV / AIDS awareness and prevention at HopeHealth, visit [hope-health.org](http://hope-health.org).

## SCHEDULED CLOSINGS



MERRY  
Christmas  
AND HAPPY NEW YEAR

**All HopeHealth offices will be closed on the following dates in observance of the Christmas and New Year's holidays:**

- **Friday, Dec. 24 - Christmas Eve - Close at 12 p.m.**
- **Monday, Dec. 27 - Christmas Day (Observed) - Closed**
- **Friday, Dec. 31 - New Year's Eve - Close at 12 p.m.**
- **Monday, Jan. 3 - New Year's Day (Observed) - Closed**

## Setting SMART Goals for the New Year

### Healthy New Year's Resolutions

**Dr. Heather Leisy**

*Director of Preventive Medicine*

New Year's Eve is a time for many to make resolutions to achieve personal goals. In a survey, many of these resolutions relate to health:

- 51% want to eat healthier

- 50% want to be more active
- 42% want to lose weight
- 38% want to improve mental well-being

Achieving these resolutions offers substantial health improvements. So, what are some ways to be successful in achieving your goals? Just be SMART:

- **Specific** – Goals should be clearly defined. Instead of saying, “I want to lose weight” you could say, “I want to lose 5 pounds.”
- **Measurable** - Goals that are measurable can be counted, If you want to be more active, count the number of times you went for a walk or track your exercise time.
- **Achievable** – Goals should be possible to achieve. For example, setting a goal of losing 20 pounds in a week is both specific and measurable but is not realistic. A more reasonable goal would be to lose 4 pounds this month.
- **Relevant** – Goals should mean something to you personally. Ask yourself, “Why do I want to make this change?” and “How will this change improve my life?” Behind every resolution should exist a personal motivating factor and the confidence to achieve it.
- **Time-Bound** – Goals should be time-bound. Ordinarily, I encourage patients to set weekly or monthly goals. This allows for easier progress monitoring and flexibility to adjust as needed towards a larger goal.



When setting goals, plan for various hurdles or temptations to quit, and develop tools to overcome potential roadblocks. Be patient with yourself and the time it takes to change a behavior. Psychologists estimate that it takes about 10 weeks on average for a new behavior to become a habit.

Finally, do not get discouraged over any lapses in healthy behavior. Just try again. Stay attentive and motivated, and hopefully your resolution will become a healthy new habit!

## 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](https://hope-health.org/televisit) for more information.

## HopeHealth QuickLinks

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Support Community Health Centers at [hcadvocacy.org](https://hcadvocacy.org). Become an Advocate Today!