

Introducing the Hope Gold Program for Seniors 65 and older

Hope Gold is a new program for patients 65 and older who have been diagnosed with one or more chronic conditions. It is a one-stop-shop for helping seniors get access to resources and stay on track with their health. The program is free of charge for HopeHealth patients.

Hope Gold enhances the health care services our patients receive and builds

Photo by Bradley Lail



on programs that are available to them. It is designed to help patients better manage their health care for improved quality of life and provide opportunities that will help them thrive and remain independent.

Hope Gold care coordinators work with program members to provide extra assistance in navigating their health care needs. Some services offered include: medication assistance, chronic disease management, health education classes, exercise classes, community activities, cooking demonstrations, diabetes education, and nutrition education.



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Advocacy Center of Excellence

SILVER



HopeHealth Earns Silver Status in ACE

In December 2016, HopeHealth became the first Advocacy Center of Excellence (ACE) in the state of South Carolina and, in January 2017, became the ninth center in the nation to reach Silver-status recognition. Early in 2016, NACHC rolled out the Advocacy Center of Excellence program, which is an initiative created to build awareness and priority within the health centers for the importance of advocacy. The program is designed to have centers set and reach goals for advocacy among staff and board members, patients, elected officials, and community stakeholders.

The goals are to be attained with oversight from an advocacy work group, which is a committee of the board of directors. The advocacy committee is comprised of staff and board members who all serve specific needs of the advocacy plan.

Prioritizing Health Center Advocacy

As the direction of health care in the US remains uncertain, health centers across the country are making advocacy a priority in the months to come. The National Association for Community Health Centers (NACHC) and state organizations such as the South Carolina Primary Health Care Association are leading the way in providing support and resources for health centers to build strong advocacy networks in their local communities.

While there are four main areas of concern for health centers (changes to The Affordable Care Act, Medicaid, 330 funding, and 340B pharmacy program), the message from these centers has remained the same: regardless of the problem, health centers are the solution.

Investing in health centers has been shown to save the health care system nearly \$24 billion annually, yet health centers still perform just as well or better than other health care providers on 94 percent of quality measures. Many of the 1300 centers in the US are located in areas with few medical providers or in areas where many community members experience poverty.



Pictured here (from left to right): Back Row - Ken Burgess, HopeHealth CPO, Deena Hilton, HopeHealth COO. Front Row - Shawn Maxwell, Meggie Baker, Tiffany Straus, Representative Terry Alexander, Julia Williams, and Diane Davis.

Senior Health

CARING for OUR SENIORS

Since 1960, the life expectancy of a US adult has increased from age 69.9 to age 78.9 in 2014, and it is estimated that seniors over age 65 will comprise 20 percent of the US population by 2050.

As our population ages, addressing the health concerns of seniors can help provide them with greater quality of life and help them remain independent. The top 10 leading causes of death in the US for 2015, from number one down, are: heart disease,

cancer, chronic lower respiratory diseases, accidents, stroke, Alzheimer's disease, diabetes, flu and pneumonia, kidney disease, and suicides.

Nicholas Licari, a board-certified family nurse practitioner at the HopeHealth Medical Plaza, said the best way to improve the care and management of these chronic conditions and other issues impacting senior health is by being more attentive to the needs of senior patients.

In addition to wellness visits, assessments for seniors take a closer look at factors such as fall risks, physical activity levels, and functional abilities. These factors can significantly impact quality of life for senior patients.

Licari said there are many diseases for which we do not have cures, including heart failure, diabetes, and COPD. However, that does not mean it is impossible to address the impact these conditions have on patients. HopeHealth recently established the Hope Gold program to proactively address these issues and senior health in general.

"We want to do everything we can to improve quality of life. Something as simple as reviewing medicines one more time and the use of each and how it should be taken can make a big difference in a patient's health," said Licari.

"The whole purpose of the Hope Gold program is to ensure that we are doing everything we can to meet all the health care needs of senior patients with chronic conditions."

This health center is a Health Center Program grantee under 42 USC 254(b), a deemed Public Health Service employer under 42 USC 233(g)-(n), and an FTCA deemed facility.

Serving others, giving hope, changing lives.

SPRING 2017



Quarterly

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Photo by Bradley Lail

HopeHealth Advocates Travel to Columbia and Washington D.C.

This spring, the HopeHealth Advocacy Committee and senior leadership joined other health center advocates for the South Carolina Primary Health Care Association's State Policy & Issues Forum in Columbia, S.C., and the National Association of Community Health Center's Policy & Issues Forum in Washington, D.C. The purpose of both annual forums is to meet with state and federal law makers to discuss the legislative priorities and concerns of health centers and their patients.

Some of the issues discussed at the state and national levels include the health center 330

funding that expires this fall, Medicaid, the Affordable Care Act, and the 340B drug pricing program. The overall message from health centers to lawmakers was that more than 25 million Americans rely on health centers for their primary and integrated care, and resources must remain available to keep these centers in our communities.

Those interested in becoming health center advocates can sign up by visiting www.hcadvocacy.org and clicking on "Become an Advocate."



Photo by Tiffany Straus

Florence • Lake City • Timmonsville
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hope-health.org





Photos by Bradley Lail

HopeHealth's Newest Providers



Sharmila Cheppalli, MD

Specialties: Internal Medicine, Family Medicine

Degrees & Certifications: Doctor of Medicine, Mamata Medical College.

NTR University of Health Sciences, India, January 1999 – November 2004.

Primary Location: HopeHealth Medical Plaza



Daniel W. Hyler, MD

Specialties: Family Medicine

Degrees & Certifications: Doctor of Medicine, Medical University of South Carolina, 1985.

Residency, McLeod Regional Medical Center, Florence, South Carolina, 1988.

Primary Location: HopeHealth Medical Plaza



Krista Montrose, FNP

Specialties: Family Medicine

Degrees & Certifications: Bachelor of Science in Nursing, Thiel College, Greenville, PA. Master of Science in Nursing, University of South Carolina, Columbia, SC.

Primary Location: HopeHealth Medical Plaza

Accepting New Patients

The Hope Fund: Bridging the Gap in Health Care

The Hope Fund was established in April 2011 to assist patients with unmet needs, such as the cost of vision appointments, eyeglasses, specialty care, surgery, prescription drugs, and emergency assistance.

HopeHealth providers and staff work to assist patients with determining the underlying causes of poor health and improve their quality of life. If there are barriers that hinder a patient from life necessities such as working or getting to important medical visits, the goal is to remove those roadblocks and clear the way for whatever goal the patient is working to reach. Often times, those barriers need to be resolved outside of the HopeHealth scope of services. When these needs occur, the Hope Fund helps fill the void. The Hope Fund is used to pay for

diagnostic testing, procedures, and specialty care for patients who do not have the financial means to pay for these services. The fund is augmented by health care agencies who partner with HopeHealth to offer their services – often at a discounted rate. Funds are also used as a last resort to pay for utilities, rent, housing, medical co-pays, etc., when a patient has no ability to pay and has exhausted all other community resources.

 **Donate online:**
hope-health.org/news/donate



Photo by Bradley Lail

“Love for people is the heart of the HopeHealth mission.”

- Ed Bebling, HopeHealth Chief Medical Officer

hope fund
bridging the gap in health care

The Hope Fund was established in April 2011 to assist patients with unmet needs, such as the cost of vision appointments, eyeglasses, specialty care, surgery, prescription drugs, and emergency assistance.

\$20 \$50 \$100 \$500

\$1000 Other \$ _____

I've enclosed a check payable to HopeHealth.

Please charge my credit card:

Visa AMEX Master Card

Credit Card Number _____ Expiration Date _____

Cardholder Name _____ CVV Number _____

Signature _____

This gift is in memory of (name of deceased): _____

This gift is a tribute to (name of individual): _____

to commemorate _____

Name: _____

Address: _____

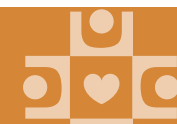
City, State, Zip: _____

Phone: _____

Email: _____

HopeHealth is a 501 (c)(3) nonprofit organization. Donations to HopeHealth are tax-deductible according to current IRS laws. Mail donations to: HopeHealth Community Relations, 360 North Irby Street, Florence, SC 29501.

Yes, I would like to make a donation to the Hope Fund.



Brain Health Begins With the Heart: Preventing Stroke in the Pee Dee

A stroke causes brain cells to die and impacts a body's abilities. A stroke can leave a person unable to speak, remember, or see clearly. A stroke can paralyze. A stroke can kill.

Strokes are the leading cause of long-term disability and fifth leading cause of death in the US. They occur when blood vessels to the brain are blocked (ischemic) or ruptured (hemorrhagic) and brain cells are starved of oxygen and nutrients.

About 80 percent of strokes can be prevented by addressing risk factors such as high blood pressure or hypertension - the leading cause of strokes. Hypertension has many of the same risk factors as stroke. These include: diabetes, obesity, tobacco usage, physical activity levels, and high cholesterol levels.

HopeHealth Chief Medical Officer, Dr. Ed Bebling notes, "South Carolina is in the region of the United States referred to as the 'Stroke Belt', due to the high incidence of strokes and stroke related deaths. The Pee Dee has been called the 'buckle' of the belt, and stroke is actually the third leading cause of death in Florence County. Equally alarming is the incidence of disability due to stroke, and

the devastating effects a stroke can have on quality of life."

Currently, more than 16,980 HopeHealth patients are, or have been, diagnosed with hypertension and, according to the SC Department of Health and Environmental Control, hypertension affects about one in three South Carolinians.

Addressing these factors means getting patients more physically active, controlling blood pressure, eating healthy, managing blood cholesterol and sugar levels, quitting smoking, and getting adequate hours of quality sleep.

Programs available at HopeHealth that can help prevent stroke include: Hope Gold, Diabetes Prevention Program, Diabetes Self-Management Education, Cooking Matters, Better Choices/Better Health, and SNAP into Health.

Stroke Statistics: By the Numbers

- **4.6% in Florence**
The Florence County prevalence (4.6) of stroke in 2013 was greater than the state average
- **\$33,551,100**
The total cost of stroke hospitalizations in Florence County in 2013 was \$33,551,100
- **7th in the Nation**
South Carolina has the seventh highest stroke death rate in the nation (2014)
- **15,059**
Number of people who were hospitalized for stroke in South Carolina (2015)
- **5th in the State**
Stroke is the fifth leading cause of death in South Carolina (2015)
- **\$805 Million**
Stroke hospitalizations in South Carolina totaled more than \$805 million (2015)

Data source: SCDHEC



Photo by Bradley Lail



American Red Cross

Respiratory Testing for Williamsburg County Flood Victims

HopeHealth is partnering with the American Red Cross to determine the effects of the 2015 floods. We would like to ask you some questions to identify respiratory issues in the residents of Williamsburg County and help you get the medical care you deserve. Please call HopeHealth at **1-800-273-5997** to complete a brief survey regarding your respiratory health and

wellness. Operators are available to assist you in completing the survey Mon – Fri, 8 a.m. – 5 p.m. If you currently do not have a physician, HopeHealth provides primary care services to children and adults in the Williamsburg County area. Let us help you breathe easier!

Spring 2017 Quarterly

HopeHealth Aiken Open House

In December 2016, HopeHealth completed renovations and moved into its new Aiken home located at 150 University Way, Aiken, SC. The move cements HopeHealth's unique position as the only infectious diseases provider in the Aiken region providing total care: treatment, case management, prevention, and education.

The new location provides easier and quicker access for patients to receive services, increases capacity to deliver clinical services, as well as offers additional opportunities for collaborative and integrated care between HopeHealth and other health organizations in the area. An open house and tour of the new location is scheduled for June 15th.

HopeHealth in Aiken also provides free HIV and hepatitis C screenings. For hours of operation and a complete listing of services, call (803) 643-1977.

An Expanded View of Our Williamsburg County Service Area

The year 2016 marked significant growth for HopeHealth offices located in Williamsburg County. HopeHealth has provided services in Kingstree since 2013 and excitedly welcomed patients in the town of Greeleyville in May 2016.

HopeHealth in Kingstree offers a range of primary care and specialty services to adult and pediatric patients, including well visits, immunizations, oral health, diabetes and nutrition education, and most recently infectious diseases. The site now offers free HIV and hepatitis C screenings and education, and Dr. Rishika Motiani began providing HIV clinical services in Kingstree in May

2016. This expansion improves access for HopeHealth patients, who previously would travel to Florence, SC, to receive care. Additionally, renovations for the site are set to begin in July 2017. Plans include renovations to the patient, medical, and dental areas. The \$1 million project will include an expansion of current dental services and will boast nearly 10,000 sq. ft. at its completion.

Since its open house last June, HopeHealth Greeleyville continues to thrive. Hours of operation have increased from Mon. & Thurs. only to Mon., Thurs., & Fri. In addition to providing primary care services to adults and children, HopeHealth in Greeleyville now offers a range of specialty services, including free hepatitis C and HIV screenings and education as well as substance abuse and domestic violence

screenings and brief interventions. The additional days of operation and additional services have increased HopeHealth's capacity to respond to the needs of the Greeleyville community and reinforces its health care delivery model of integrated care.

Congratulations to our CEO, Carl Humphries, for winning TogetherSC's 2017 Fred R. Sheheen Award for Excellence in Nonprofit Leadership.

