

May 2021

THE PATIENT PRESCRIPTION

Your Health Begins Here

WE'RE BACK



In-person HopeHealth classes and community events are back at the HopeHealth Medical Plaza!

Upcoming classes include **It's Your Health, Take Charge** which meets on the fourth Wednesday of the month. The class focuses on how to eat nutritional meals on a budget. To learn more or register for the class, email [Sonda Jett-Clair](mailto:Sonda.Jett-Clair).



★ **VETERANS** ★

WITH HOPE

Held on the third Thursday each month at the HopeHealth Medical Plaza in Florence, Seniors with Hope includes a guest speaker and activity each month focused on healthy living for seniors.

To learn more, email [Diane Davis](#) or sign up for the [Seniors with Hope newsletter](#).

Veterans with Hope hosts **Cup of Joe with Joe** at the HopeHealth Medical Plaza in Florence on the first Friday of every month for Veterans to meet and learn about available resources.

If you are a Veteran and are interested in participating, email [Conner Smith](#) or sign up for the [Veterans with Hope newsletter](#).



COVID-19 Update

A limited supply of the vaccine is now available for all HopeHealth patients ages 18 and older by appointment only in Florence, Manning, and Kingstree. Call your HopeHealth provider to schedule your appointment. Walk-in vaccinations are not available.

To learn more about qualifications and locations, visit [scdhec.gov](https://www.scdhec.gov) or call 1-855-472-3432.

Check our [website](#) for
daily updates on COVID-19.

National Women's Health Week

Did you know more than 45 percent of women over age 20 have hypertension?

National Women's Health Week kicks off on Mother's Day, May 9, and continues through May 15. Work toward being your healthiest you is a challenge everyone can embrace!

Visit [women's health](#) at the Centers for Disease Control and Prevention for tips and articles on improving your health no matter your age.

**Millions of
Americans are
living with
viral hepatitis.
Many don't know it.**



LEARN MORE

HopeHealth will observe National Hepatitis Day with free screenings

Wednesday, May 19

at our locations in Orangeburg and Aiken

Free Gift cards and referral resources will be provided

Call for your appointment today!

803-535-2272

HopeHealth in Orangeburg

1857 Joe S. Jeffords Hwy.
Orangeburg

8:30 a.m. - 5 p.m.

HopeHealth in Aiken

150 University Parkway.
Aiken

8 a.m. - 5 p.m.

Activity of the Month



Are you ready to try a plank? Do you know what a plank is? Check out our [Activity of the Month](#) by **Kayla Thompson** to learn about using the plank to help strengthen your core.

Kayla Thompson is a patient support representative at the HopeHealth Medical Plaza in Florence and is a certified exercise physiologist through the American College of Sports Medicine. She has a Master of Science in clinical exercise science.

SAFETY TIPS

5 tips for staying safe

1. Never trust a door chain lock: Never rely on door chain locks for safety, even amateur thieves can undermine them in seconds.

2. Keep your car key fob next to your bed: Car key fobs contain panic buttons and can double as great alarms in case of emergencies. Pressing the panic button will cause your vehicle to repetitively blast its horn and flash its lights. If your car is in the driveway, this can draw attention to your location and hopefully scare would-be criminals away. Police responding to a call may find your home faster as well. Also, consider storing your key fob wrapped in aluminum foil-some cars can be broken into using devices that boost and relay signals from remote key fobs; wrapping fobs in aluminum foil when not in use can protect against such crimes.

3. Keep your car key fob in hand: When approaching your car while shopping etc., have your key fob in your hand so you can easily press your panic button if someone approaches you. Plus your key between your knuckles can serve as a weapon if need be.

4. Don't use your address: Set your home address in your smartphone, GPS, and other devices to an address near your home, but not your actual address. If someone steals your phone or breaks into your car while you are away from home, you do not want the criminal to attempt to rob your home or call friends in the area to do so.

5. Enable remote wipe for your smartphone: If it is stolen, you want to make sure that any sensitive information on your phone, for example, your children's schedules or your online banking information, is wiped.



Stay Safe!!

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!