

July 22, 2022

THE PATIENT PRESCRIPTION



Your Health Begins Here

July Exercise of the Month: Make Movement A Family Affair



Kayla Thompson
MS, ACSM-EP

Summertime, sweet summertime! Flip-flop sounds and the smell of sunscreen fill the air. I am certain your calendars are filled with family vacations, beach trips, and pool parties. It is an awesome season to enjoy family and friends – it is also a great time to get active together! Pause for the deep sighs. I know, I know, the last thing you want to do on your relaxing getaway is workout, but you totally should!

The National Strength and Conditioning Association states, "Consistent exercise training leads to chronic adaptations that allow the body to respond to the stress of exercise with less physiological disruption and to perform more work (exercise)."

Basically, as you stick with it, it gets easier. Not only does working out get easier, but ACSM says that exercise can benefit you in the following ways: "improve sleep quality, reduce inflammation, improve cognitive function, and is an effective therapy for many chronic diseases. "If you aren't convinced, what if I said you could do it with your whole family?"

To read more, [click here](#).

Annual Well Visit Reminder

It is officially summer, and for many families, this means a little bit more down time! Use this time wisely to schedule your health appointments if you are behind on them. Everyone should be seeing a primary care provider at least once a year to make sure you stay healthy, even if you have no health concerns. **Make your annual appointments today!**



Hemingway Office Closure July 25-28

The HopeHealth in Hemingway office will be closed July 25- 28. Patients can still call the office, with calls handled by the call center as usual.

Patient Success Spotlight



Melanie Fajardo

Diabetes Community Health Worker

On the evening of June 8, a patient who was enrolled in the Diabetes Community Health Worker program disclosed that she needed assistance getting her diabetic medications and required an appointment with her provider immediately due to migraines. This patient recently had an emergency room visit in May after falling off her steps and breaking her foot. I contacted hospital care navigator Amber Bartelle to see if the patient would qualify for the HFU Mobile Project. Amber scheduled the patient for the mobile project, and I scheduled a

home visit so that I would be able to interpret for the provider, as the patient spoke Spanish.

In addition to her health problems, the patient shared that she was stressed. She relies on others for transportation and sometimes experiences issues with attending doctor appointments and picking up prescriptions. The patient has been struggling with type 2 diabetes and is gradually losing her vision. She is also mourning the loss of her husband who passed away last year, and she is also dealing with an accident her son experienced, which left him in critical condition.

Before arriving at the patient's home, we were informed that she was in physical and emotional distress. Fortunately, the patient had called a friend prior to our arrival to come check in on her since she was not feeling well. During the assessment, Mary Mitchell, FNP and her nurse asked the patient if she was feeling okay and her response was simply, "No, I am not." She said that she was in pain.

Ms. Mitchell inquired about what she was feeling and about whether she had been taking her diabetic medication. The patient then informed us that she had been out of insulin for one month. The patient stated she went to the pharmacy previously to pick up her prescriptions and was advised that there were no medications ready. It was discovered that there was a prescription 'hold' on her diabetic medication. At that moment, action was quickly taken to resolve the issue with the pharmacy. The patient explained that she had been experiencing migraines, cramping in both legs, and significant progression of ulcers on both of her toes. The provider examined her feet and legs. The nurse then checked the patient's blood sugar and found it was dangerously high.

After the general assessment, the provider was able to communicate with her and address all of her concerns. After trying to find efficient ways for the patient to get her prescriptions, the patient stated her son would be able to bring her the medications. The provider then instructed the patient to take her insulin right away and eat a meal.

Before leaving, we were given fresh produce by the patient's friend from a local farm as a gift of gratitude. This experience was greatly appreciated and has humbled us all as health care workers. We hope the mobile unit and community health worker program continues to help us excel in providing excellent patient care, meeting our patients where they are in order to help them when they need it the most.

HopeHealth Volunteers



HopeHealth ♥ Volunteers

Did you hear? Volunteering is good for you! Join HopeHealth Volunteers and assist our guests in navigating their health care experience while also growing your skills, forming new friendships, and improving your mental and overall health. By volunteering at HopeHealth, you help us provide services to those who often encounter social and financial roadblocks to receiving health care.

Volunteer opportunities include:

- Greeting and guiding guests
- Serving special patient populations
- Providing social support to patients
- Outreach
- So much more!

Bring your compassion, communication skills, talents, and service mindset. Receive training, recognition, and social engagement opportunities while giving back to your community.

Reach out today to find out how HopeHealth Volunteers can fit into your life. Contact Cindy Averitt | 843-432-2942 | volunteer@hope-health.org

Access Hope After-Hours Care



Access Hope is our convenient after-hours program for HopeHealth patients to receive care when life doesn't go as planned.

Why patients use Access Hope:

- A weekday health care appointment doesn't fit into your schedule
- Your primary care provider isn't available when you're not feeling well
- You're sick after-hours or on Saturday

Access Hope is open in Florence and Manning from Monday-Saturday, 8 AM-8 PM.

HopeHealth Medical Plaza

360 N. Irby Street
(843) 667-9414

HopeHealth in Manning

12 W. South Street
(803) 433-4321

HopeHealth also offers a 24-hour on call provider to assist our patients.

COVID-19 Vaccine Update

“GETTING HER
VACCINATED
AGAINST
COVID-19 MEANS
LESS WORRY AND
MORE PLAY.”

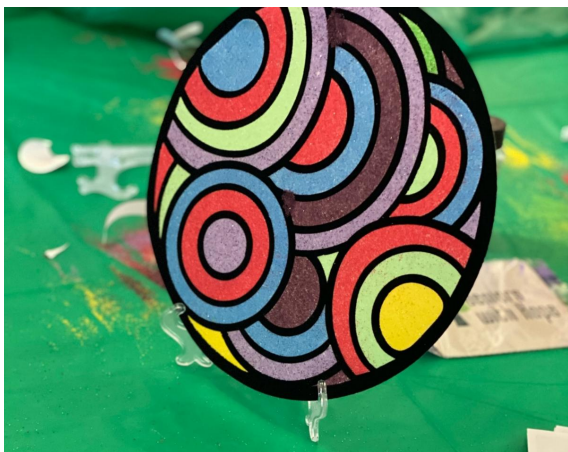


Safe and effective COVID-19 vaccines are available for everyone ages 6 months and older.

www.cdc.gov

HopeHealth Pediatrics in Florence and HopeHealth Pediatrics in Manning are now offering the Moderna Covid-19 vaccine to patients ages 6 months-5 years. Call to schedule your appointments at 843-432-3700 for Florence or 803-433-4124 for Manning.

Upcoming August Seniors with Hope Events



**Seniors with Hope
at Bethea**
August 4, 2-3:30 P.M.

**Seniors with Hope
at the Medical Plaza**
August 11, 2-3:30 P.M.

Please wear a mask at the Medical Plaza.

Behavioral Health Seminars

Good Grief

This is a 3-hour educational seminar for anyone dealing with the loss of a loved one, chronic illness, terminal illness, trauma, divorce, job loss, career change, retirement, and/or relocation. It is helpful for individuals dealing with grief directly, as well as for those who are supporting others through the grief process. The seminar is an informal classroom style lecture with handouts, and time for questions and answers. It is not a support group, and participants will not be asked to share.

Upcoming Good Grief Classes:

Monday, August 1, 2-5 PM

Saturday, August 13, 2-5 PM



Building Stress Resilience



This 3-hour class provides interactive and practical information to better understand stress and the impact it has on our physical, mental, emotional, and spiritual health.

A light-hearted, motivational approach with specific tools and strategies to help participants better manage challenging situations and receive inspiration to make changes to improve well-being. It is not an emotional support group, and participants will not be sharing personal feelings. It is an interactive class, with lessons, discussion time, hands-on activities, and an opportunity for goal setting.

Upcoming Building Stress Resilience Classes:

Wednesday, August 3, 2-5 PM

Wednesday, August 10, 9 AM-12 PM

Monday, August 15, 2-5 PM

There is no charge for patients who may bring a guest. COVID precautions continue, with masks required and social distancing observed. Pre-registration is required - seating limited to 22 participants. To register, Contact Hannah McCutcheon at (843) 667-9414 ext. 2066.

It's Your Health, Take Charge!



Healthy food doesn't have to be boring or tasteless! Join us for a monthly drop-in style nutrition class to take charge of your health. Each class includes a discussion on the topic of the month, a cooking demonstration with samples to taste, handouts, recipes, and a fun time learning with others.

Topics include: Whole Grains and Fiber, Portion Distortion, Salt and Sodium, Label Reading, Healthy Cooking at Home, Shopping on a Budget, Choosing Healthy Options When Dining Out, and Increasing Physical Activity.

This class meets on the 4th Wednesday of each month from 10:30 AM -12 PM in the Magnolia Room at the Medical Plaza.

July 27

August 24

September 28

October 26

November 16 (3rd Wednesday at 11 AM)

December 21 (3rd Wednesday at 11 AM)

For more information, contact Sonda Jett-Clair at (843) 432-3717 or email sjclair@hope-health.org.

This class is sponsored by HopeHealth in partnership with SCDHEC.

Walk With Ease

Walk With Ease

FREE 6-Session Course

About This Program

- Learn about arthritis and how to manage symptoms
- Walk With Ease resource book provided
- All exercise levels (beginners, intermediate, advanced)
- Classes include a warm-up, stretching, 10-30 minutes of walking, and cool down
- All classes will include a healthy recipe sampling
- Lead by Farrah Wigand, Registered Dietitian Nutritionist from the DHEC SNAP-Education Program

Benefits:

- Improved mood and immune system
- Reduced pain with fitness
- Build confidence in your ability to be more active
- Meet new people and gain social support
- Learn about foods that reduce inflammation

WHEN:

Time: 9 AM – 10:30 AM

Dates: 9/7, 9/14, 9/21,
9/28, 10/6, 10/12

WHERE:

Hope Health
360 North Irby Street
Florence, SC 29501

Any Questions?

Contact:

Sonda Jett-Clair
(843) 432-3717

sjclair@hope-health.org

Free Law Talk at the Library with SC Bar



Florence County Library System Florence Branch For information, please call (843) 413-7074.		
Thursday, July 21	5:00 – 6:30 pm	Special Education Law
Thursday, August 18	5:00 – 6:30 pm	Landlord Tenant Law
Thursday, September 15	5:00 – 6:30 pm	Wills, Estates, and Probate
Thursday, October 20	5:00 – 6:30 pm	Expungement Law
Thursday, November 3	5:00 – 6:30 pm	Getting Arrested

Space is limited and registration is required for these free adult (18+) programs.
Call (843) 413-7074 to register.

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hope-health.org

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