

August Exercise of the Month: Successful Movement with Diabetes



Kayla Thompson
MS, ACSM-EP

“All progress takes place outside the comfort zone.” This quote by M.J. Bobak rings true in every venture of life. Graduating high school, going to college or going to work, buying a home, starting a family – all these aspects and more are outside of our comfort zones to some degree. The same can be said of our level of fitness. Priscilla Welch, 1984 Olympic runner, was a pack-a-day smoker before starting her running career. In 2000, Tom Brady was picked 199th in the NFL draft. Greatness lives within the unexpected. No

matter who you are, your journey can lead to greatness. All you’ve got to do is step out of your comfort zone.

Beyond the normal day-to-day events, our health can really throw a wrench into things. Maybe stepping out of your comfort zone looks like exercising through illness. I don’t mean exercising through the flu. If you have a fever, maybe chill out and drink some Gatorade. There are many conditions that can affect your exercise capabilities or may require special awareness during your fitness journey, such as diabetes. Diabetics need to pay careful attention when planning for their daily dose of exercise due to their condition. Let’s look at how to step out of our comfort zone and take into account the difficulties of those facing exercise with diabetes.

[Read more here!](#)

Diabetes and Glucose Monitoring Technology



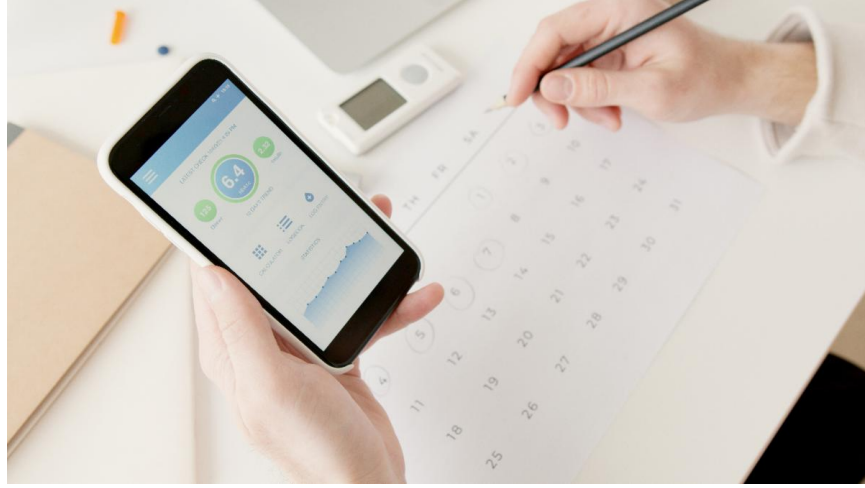
Padigar Tantry, MD

34.2 million adults in the United States, or approximately 11.3% of the population, have diabetes. Insulin is the critical hormone involved with diabetes, as it helps your body regulate blood sugar levels. If you have Type 1 diabetes, your body does not produce enough insulin. Whereas if you have Type 2 diabetes, your body makes insulin, but does not utilize it effectively. Many people with diabetes need to give themselves insulin regularly in order to ensure their

blood sugar levels are steady. Tracking blood glucose enables diabetics to determine how much insulin their bodies need and when they need it.

Insulin was invented around 100 years ago, and since that time, the technology to combat diabetes and its complications has also been evolving rapidly. In 1965 Ames developed the first blood glucose test strip. While other options like glucose meters have been around since 1970, the continuous glucose monitor (CGM), which received FDA approval in 1999, is designed to provide personalized care and a bigger picture of how diabetes impacts each individual patient.

[Read more about CGM technology here.](#)



National Health Center Week Recap



From August 7-13, HopeHealth celebrated National Health Center Week. NHCW is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past five decades. Read more about HopeHealth's National Health Center Week festivities [here](#).

Community health centers like HopeHealth not only help prevent illness in the most vulnerable populations, but also produce innovative solutions to the most pressing health care issues in our local communities. HopeHealth provides care

regardless of the ability to pay for services, giving access to those who would otherwise use the emergency department as their primary health care source.

Community health centers provide quality and affordable care to everyone. Investing in health centers has been shown to save the health care system nearly \$24 billion each year, yet health centers still perform just as well or better than other health care providers on 94% of quality measures.

Don't forget to sign up as an advocate of community health centers! Anyone can sign up to be an advocate. There are several ways to sign up:

1. Sign up with your e-mail at hcadvocacy.org. Be sure to choose HopeHealth as your CHC of choice.
2. Contact director of external affairs **Nicole Echols** to help you sign up!

Volunteer Spotlight - Sylvia Jackson



HopeHealth volunteer Sylvia Jackson has reached an important milestone. She has earned gold status, meaning she has given over 100 hours of service, working in the New Patient Welcome Center at the Medical Plaza! We sat down with Sylvia to ask her a few questions about being a HopeHealth volunteer.

Are you a native of Florence? If not, what made you choose to relocate here? I am from Georgetown, SC. I moved here to Florence after my husband and I retired, because we wanted to be close to Georgetown but not in Georgetown.

What did you do before you retired? I worked for Social Security for 19 years, and before that, I worked for the IRS for 12 years. In all, I worked for the federal government for 31 years.

What made you want to volunteer with HopeHealth? I wanted to do something to learn about the community, while still giving back to the community. I checked out a few different agencies, and then I checked out HopeHealth and the new volunteer program. I thought it would be a good fit since it's along the lines of what I did for work.

What's a typical day like for you here? I'll assist the front desk when they are short-staffed by trying to find out if the patients that come in are new patients, or if they've been here before. I will then direct them to the different suites. If they need further help, I can refer them over to another receptionist to check them in. Mostly I will escort them to the suites, and occasionally I will go back and help in the lab area and check patients in on the kiosks.

Do you like volunteering with HopeHealth? I really enjoy it. Right now, I'm only volunteering four hours a day for three days a week, so it really goes fast. There is no boredom here, and everyone is really nice. I like it here a lot; it makes me happy.

What's your favorite part of volunteering? I think my favorite part is working with the people - the customers and the employees.

If you had to describe yourself with three words, which would you choose? Patient, caring, good listener.

What are your hobbies apart from volunteering? I read and listen to audiobooks a lot. My husband and I also travel quite a bit.

Sylvia, we appreciate your commitment and the light you give to our community and our patients! To learn about how to become a volunteer with HopeHealth, or to encourage others to give their time, visit hope-health.org/volunteer.

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:

- The patient's primary care provider isn't available when they're not feeling well
- 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

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

COVID-19 Vaccine Update

Vaccines for Children

Protecting America's children every day



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

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 Seniors with Hope Events



Seniors with Hope at Bethea

September 1, 2-3:30 P.M.

Seniors with Hope at the Medical Plaza

September 8, 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 transition of death, 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 29, 2-5 PM
Thursday, September 8, 9 AM-12 PM
Wednesday, September 14, 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. This is 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 processing personal feelings. It is an interactive class, with lessons, discussion, hands-on activities, and an opportunity for setting future goals.

Upcoming Building Stress Resilience Classes:
Saturday, August 27, 9 AM-12 PM
Thursday, September 1, 2-5 PM
Monday, September 12, 9 AM-12 PM

Both classes are led by Georgann O'Quinn, MA, MS, LPC, NCC, BCC.
Held at the Medical Plaza (360 North Irby Street) in Florence.
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, call (843) 413-3245 and ask for Hannah McCutcheon.

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.

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

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hope-health.org

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