

THE PATIENT PRESCRIPTION

Your Health Begins Here

Exercise of the Month: Healthy Aging Tips



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September is Healthy Aging Month, recognized as a time to celebrate life and the positive aspects of growing older.

Life often feels like one big event after another, and we "go, go, go" through them all. When you're a kid, all you want is to be bigger. You hit high school and want the independence of adulthood. You hit adulthood, the reality sets in, and you just want nap time again. You start a family, dive headfirst into your job, and count down the years until retirement.

You get to retirement only to realize that you can't "go" like you used to. What if we could keep our "go" in retirement?

The American College of Sports Medicine states that overwhelming evidence "supports the benefits of physical activity in slowing typical age-related changes that impair exercise capacity, optimizing age-related changes in body composition, promoting psychological and cognitive well-being, managing chronic disease, reducing the risks of physical disability, and increasing longevity." Aging takes a toll on our bodies, but we can do great things despite this. Roy Englert is a 99-year-old runner who holds world records in track events. He started running at age 60. Edwina Brocklesby started exercising in her 50s and ran her first marathon at 53. Yuichiro Miura climbed Mount Everest at 80 years old. Let those folks and the thousands of others like them inspire you today to make a change.

When we age, things break down. ACSM states, "During adulthood, individuals tend to gain body weight and fat mass and tend to lose fat-free mass, height, and bone. Mirroring the loss of fat-free mass is a loss of muscular strength and an associated decrease in physical function. In the very old adult, there is also a loss of body weight and body cell mass. As the total body water content decreases with age, so does the elasticity and pliability of tissues such as cartilage and connective tissues that are found within joints among other places." Basically, muscle and bone size decreases. You have less fluid, which makes your joints and the tissues surrounding them less effective at moving your body. The good news is this decrease can be halted by a healthy diet and exercise.

Your future depends on what you do now and what you consume now. ACSM says, "Exercise results in a more favorable cardiovascular risk profile, increases physical function, prevents falls, improves fitness and some mental health outcomes, and helps with achieving a healthy weight. In fact, many of the age-related declines in fat-free mass, strength, and motor performance are at least partially reversible with the onset of a regular exercise program."

So, with all of this information in mind, how do we incorporate a doable exercise routine that will help us get these benefits?

Going for a walk with some friends is an excellent place to begin. Try something new that you may not normally try, like a dance class. Some things will become super fun, while other things will not be your favorite. Health is a journey that can be as fun as you make it. Just do something today that will impact you tomorrow. If you

HopeHealth Receives HRSA Community Health Center Quality Recognition Badges



HopeHealth was the recipient of six **Community Health Center Quality Recognition (CHCQ)** badges from the Health Resources & Services Administration (HRSA). HRSA programs provide health care to people who are geographically isolated and economically or medically vulnerable.

The badges recognize health center program awardees that have made notable quality improvements in areas of access, quality, health equity, health information technology, and COVID-19 public health emergency response. HopeHealth earned six badges in total, three more badges than last year. Additionally, HopeHealth improved from Silver to Gold status in the Health Center Quality Leader award. [Click here](#) to view the full infographic displaying how our awards compare to last year.

National Health Center Week Flashback



Click for a look back on what HopeHealth accomplished during National Health Center Week 2022!

What can you do to help community health centers?

Sign up to be an advocate. Being an advocate means helping us let elected officials know you value community health centers and the laws that impact them. If you're not an advocate already, visit hcadvocacy.org and sign up. It only takes a few minutes, and don't forget to select HopeHealth as your community health center.

Register to vote. September 20 was National Voter Registration Day. Your voice matters when it comes to the elected officials who help support community health centers. Check your voter registration and register to vote [here](#).

Take action when asked. Watch for action emails from the Health Center Advocacy Network and take action! These emails let you know what bills are important to community health centers and provide an easy way to contact your elected official. They often come from grassroots@nachc.org - so check your junk folder, and make sure you don't miss the next one.

You can also send a personalized letter to your members of Congress and give your specific reasons why it's essential to invest in community health centers. The site hcadvocacy.org makes it very easy to contact your officials!

Access Hope

Access Hope is our convenient after-hours program for patients to receive care when life doesn't go as planned. If patients utilize an after-hours option, it is certainly preferable to see a HopeHealth provider, which will improve efficiency of care and communication among providers caring for the patient.

Why HopeHealth patients use Access Hope:

- Your primary care provider isn't available when they're not feeling well
 - You are sick after-hours or on Saturday
 - You are a new patient whose busy schedule doesn't allow you to be seen during normal provider hours
-
- Our staff of health care providers at Access Hope is available to help in Florence and Manning, **Monday-Saturday from 8 am-8 pm**. Examples of after-hours care services provided by Access Hope are minor aches and pains, cold and flu sick visits, treatment of high blood pressure, management of diabetes and other chronic conditions, immunizations/flu shots/PPD testing, urinalysis, annual and pre-employment physicals, and STD treatment.

For more information about Access Hope, [visit our website](#).

Thank A Vet Art Contest Now Open



Submissions are now being accepted for the 3rd annual Veterans with Hope Thank A Vet art contest! The purpose of this contest is to reflect gratitude and appreciation for military personnel and the sacrifices made for our freedom. Submissions must be 2D with a maximum size of 8.5" x 11". One \$100 first place prize and one \$50 second place prize will be awarded to each age group. The contest age groups are 6-12 and 13-18. All entries must be mailed to or dropped off at any HopeHealth location by November 1.

Get Your Flu Shot!

With flu season lasting through May, now is the time to get your shot. It can take about two weeks after vaccination for your body to develop sufficient antibodies to protect against the virus, so getting your flu shot early is important. Check with your provider today about getting your flu vaccination.

If you think you have the flu, stay home to prevent passing the virus to others, and rest. If you must leave your home, wear a face mask to prevent passing on the flu.



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

Voluntober: A Volunteer Celebration and Interest Event



HopeHealth
Volunteers

HopeHealth Volunteers

Is looking for new team members!
We would love for you and an interested friend to attend

Voluntober: A Volunteer Celebration and Interest Event

Tuesday, October 18
4:00 - 7:00 pm

HopeHealth Medical Plaza

Meditation Garden
360 N. Irby Street, Florence

We'll have food, fun, and education about HopeHealth Volunteers!

RSVP to Cindy Averitt at volunteer@hope-health.org by October 12

Upcoming Seniors with Hope Events



At September's Seniors with Hope, residents at Bethea Retirement Community presented Alice Gallego with homemade quilts for CARE House victims.

Seniors with Hope at Bethea

October 6, 2-3:30 PM

Seniors with Hope at the Medical Plaza

October 13, 2-3:30 PM

Attend Seniors with Hope events to learn more about HopeHealth's volunteer program, and early signs of stroke.

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:

Saturday, October 1, 2-5 pm
HopeHealth Medical Plaza (360 N. Irby St. in Florence)

Friday, October 7, 1-4 pm
HopeHealth on Pine Needles Road (3380 Pine Needles Rd. in Florence)

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:

Friday, September 23, 2-5pm
HopeHealth Medical Plaza (360 N. Irby St. in Florence)

Thursday, October 6, 9am-12pm
HopeHealth on Pine Needles Road (3380 Pine Needles Rd. in Florence)

Both classes are led by Georgann O'Quinn, LPC, NCC, BCC. There is no charge for the class, and the public is welcome. COVID precautions continue, with masks required and social distancing observed. Pre-registration is required - seating limited to 20 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.

Held in the Magnolia Room at the Medical Plaza.

September 28, 10:30 am-12pm

October 26 10:30 am-12pm

November 16 (3rd Wednesday at 11am)

December 21 (3rd Wednesday at 11am)

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



**Arthritis
Foundation®**

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

WHEN:

Time: 9 am – 10:30am

Dates: 9/7, 9/14, 9/21,

9/28, 10/6, 10/12

WHERE:

HopeHealth

360 North Irby Street

Florence, SC 29501

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

Any Questions?

Contact:

Sonda Jett-Clair

843-432-3717

sjclair@hope-health.org

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hope-health.org

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