

November 18, 2022

THE PATIENT PRESCRIPTION

Your Health Begins Here



Working Wellness Into Your Holiday Plans

Getting Active During the Holidays

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Gobble, gobble! It's that time again! Break out the sweaters and your stretchy pants. November brings cooler temps (hopefully) and the holiday rush. Typically, the calendars get slammed and hobbies get put on hold. Family events and parties await us as we long for down-time and a chance to breathe. In the midst of this busy season, there is still time and opportunity to get active during the holidays!

There are many excuses one can offer against movement during the holidays: no equipment, no time, my family is everywhere, that meal left me stuffed, and more. Don't worry, there are plenty of ways to get moving without equipment that won't take a lot of time and can be fun for everyone! These can also be done before your big holiday feasts. Try going for a family walk in the mornings before or after breakfast. Take an evening stroll after the kiddos go down for bed. Explore whatever destination you find yourself in. Take a hike, literally! You can also perform bodyweight movements to get a good calorie burn in for the day. Try out some push-ups, burpees, lunges, body-weight squats, planks, or flutter kicks. Break out YouTube and do a pilates or yoga routine. Squat your newest niece or nephew a few times. Keep it simple through the holidays, but don't skip exercise!



[Continue reading here.](#)

Mindful Tips for Holiday Parties

Eating mindfully over the holidays may seem like another stressor with all the delicious and tempting food options. And it's fun to enjoy all the special foods we love. Did you know that with mindful

eating, you can enjoy the treats and traditional holiday foods without overeating and feeling guilty later? Dieters focus on food rules, while mindful eating is an approach to food that focuses on sensory awareness and the experience of eating without judgement.

By becoming more aware of hunger and fullness cues, slowing down, and focusing on taste and texture, mindfulness can help you eat less and still enjoy what you're eating.

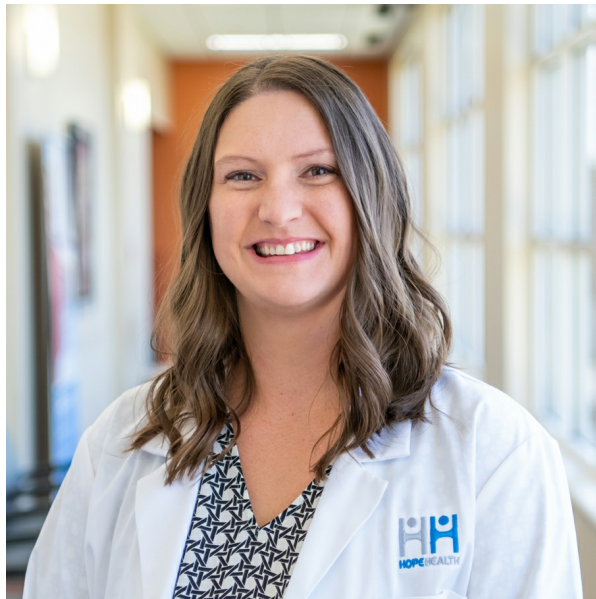
While eating mindfully is a practice that can have a learning curve, tuning in more and paying attention when eating is a good start to enjoying the holiday season without guilt and shame. Holiday parties and celebrations are a great time to explore and adopt any of these guidelines to help you feel more in control while enjoying meals and treats.



[Click here to explore mindfulness tips for your holiday parties.](#)

Welcome New Providers

Join us in welcoming our newest HopeHealth providers.



Jennifer Wood, MSN, APRN, FNP-C
Family Nurse Practitioner
Manning - Access Hope



Jamie McAlister, APRN, FNP
Family Nurse Practitioner
HopeHealth at FMU

Holiday Closure Reminder



HopeHealth offices will be closed Thursday, November 24 and Friday, November 25 to celebrate Thanksgiving.

Veteran Services at HopeHealth



VETERANS WITH HOPE

Service members, Veterans, and their families are important to HopeHealth, and our staff is committed to understanding their needs beyond a typical health care visit.

Services Include:

- Navigating HopeHealth services
- Submitting Veterans administration claims
- Connecting with outside resources
- Connecting with other Veterans

For more information about available Veterans services, email Conner Smith at veterans@hope-health.org.

Access Hope



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

Why HopeHealth patients use Access Hope:

- Your primary care provider isn't available when you'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](#).

Make Time for COVID Testing this Season



As we prepare to gather with friends and family this holiday season, remember to work COVID testing into your plans to keep yourself and your loved ones safe. Reach out to your provider for information about COVID testing.

HopeHealth Volunteers





On October 18, manager of volunteer programs **Cindy Averitt** hosted **Voltober: A Volunteer Celebration and Interest Event** in the Meditation Garden at the Medical Plaza. Attendees enjoyed walking tacos, made a Fall-themed craft, and learned about the volunteer opportunities offered at HopeHealth.



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

Upcoming Seniors with Hope Events



**Seniors with Hope
at Bethea**
December 1, 2-3:30 PM

**Seniors with Hope
at the Medical Plaza**
December 8, 2-3:30 PM

Attend these events to participate in a do-it-yourself project!

Seniors with Hope is held monthly and includes speakers, games, snacks, door prizes, and more. For more information about participating in the program, email **Diane Davis** or call 803-525-4241.

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, 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:

Tuesday, November 29, 2-5 pm

Saturday, December 3, 2-5 pm

Wednesday, December 14, 9 am-12 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:

Wednesday, November 30, 9 am-12 pm

Wednesday, December 7, 2-5 pm

Monday, December 19, 9 am-12 pm

Healthy Communication and Conflict Resolution

This 3-hour workshop provides practical information to help participants improve their interpersonal communications and conflict management skills. It is a hands-on, interactive format with specific tools, strategies, and skills practice for strengthening relationships. It is not an emotional support group, and participants will not be processing personal feelings.

Upcoming Healthy Communication/Conflict Resolution Workshops:

Thursday, December 1, 9 am-12 pm

Friday, December 16, 2-5 pm

Classes are led by Georgann O'Quinn, LPC, NCC, BCC. They are all being held at the HopeHealth Medical Plaza, 360 N. Irby Street in Florence. There is no charge for the classes, which are now open to the public. 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.

December 21 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.

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hope-health.org

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