

December 16, 2022

THE PATIENT PRESCRIPTION

Your Health Begins Here



Working Wellness Into Your Holiday Plans

Holiday Stress Relief With At-Home Workouts

Kayla Thompson

MS, ACSM-EP

"It's the most wonderful time of the year," so they say. Some of you may be feeling the holiday chaos in full steam. Take a deep breath - in and out. We are going to make it through, and I'll tell you how. Exercise is a great way to relieve stress and get some alone time, if needed. An added benefit is that you can do it anywhere with a few creative tricks.

The most easily available at-home workout routine involves bodyweight exercises. This could look like performing walking lunges or squats, doing pushups, holding a plank or going for a run or walk, and there's a ton more. Bodyweight exercise is the most useful, and most underrated, of activities. If you cannot move your own bodyweight efficiently, you should not be worried about moving any additional weight.



Now, let's look at some things around the house we can use on our journey to better health. Everyone does laundry, right? Laundry detergent bottles are a fantastic piece of exercise equipment! If there's an empty one headed to the garbage, keep it! Fill it halfway with water to add weight. You can squat with this, perform walking lunges, shoulder press the bottle, curl the bottle, and the list goes on. The beautiful part is that the movement of the liquid will also challenge you to maintain stability, meaning additional muscle work. It's a double whammy! The best way to manage your progress is to weigh the laundry bottle. Step on the scale with the bottle in hand, and write down the weight. Step on the scale without the bottle, and write down that weight. Subtract the two numbers from each other and you have the weight of the bottle. Increase or decrease the water volume as needed. Just remember to weigh it before you start your workout.

You can also try filling a backpack or regular cloth bag (not a grocery bag) with items until you reach a certain weight and perform some movements with that bag. You may not be able to do an overhead movement with this weight style, so be careful what movements you choose.

Let's look into another around the house trick to get that daily movement in. If you have stairs or live near stairs, or your best friend has stairs at their house, listen up! You can run up and down the stairs for a cardio training cycle. Bonus, it builds those leg muscles. You can also treat each step as a box jump, jumping up onto the step with both feet, while being spotted as needed. Box jump a flight of stairs. Box jump a flight of stairs, on one or both legs. Try a three-round cycle of running up and down the stairs and then box jumping up the stairs.

My final trick involves music. You can choose from a number of songs that are repetitive as well as a number of movements. Try out squats, burpees, pushups, or box jumps to the song of your choice. You perform the movement whenever the song says the repetitive line you choose. An example being, perform one burpee every time thunder is said in "Thunderstruck." Some songs that have been used are: "Bring Sally Up," "Roxanne," "Jolene," "Hey Mickey," "Jump Around," or "Jump." It would be great if you can find a Christmas tune and get the whole family involved! Have fun with it! For more songs or ideas, try searching the internet for "exercise or burpee music challenge."

Don't be afraid to move and try new things. Get creative and get active. If you have any questions about where to start, email me at kthompson@hope-health.org.

Here's a fun and creative exercise routine you can do using things around the house!

Warm up with a burpee music challenge or run 4-5 flights of stairs

Complete two to three rounds of the following:

10-15 squats (use laundry detergent bottle weight as needed or just bodyweight)

10-15 pushups (modify as needed)

10 lateral step downs (use a challenging height; stack books or other items for a stable surface)

10-15 deadlifts using your laundry detergent bottle weight (keep a tight core and maintain a flat back)

10-15 shoulder press each side (use laundry detergent bottle weight)

30-60 second plank (keep that core tight and back flat; modify as needed)

Finish with a walk and some light stretching.

HopeHealth Hosts Annual AIDSWalk





On Saturday, December 3, HopeHealth hosted its annual AIDSWalk on the grounds of the HopeHealth Medical Plaza. AIDSWalk has been hosted by HopeHealth since 1993, and serves to bring awareness about the importance of prevention, treatment, and breaking the stigma associated with HIV/AIDS.

Walkers received AIDSWalk 2022 T-shirts and were treated to a to-go boxed lunch to conclude the event. Check out our [Facebook page](#) for photos of the event!

To learn more about HIV/AIDS awareness and prevention at HopeHealth, visit hope-health.org.

Holiday Recipe Feature - Sweet Potato Pie

In honor of the holiday season, enjoy a recipe for sweet potato pie from December's Seniors with Hope newsletter. For more information about the Seniors with Hope program, email [Diane Davis](#) or call 803-525-4241.

Ingredients:

- 1 9-inch graham cracker pie crust
- 4 medium sweet potatoes
- 4 oz. fat-free sweetened condensed milk
- 1/2 cup egg substitute
- 1 tsp. vanilla extract
- 1/2 tsp. salt
- 1-2 tsp. nutmeg

Directions:

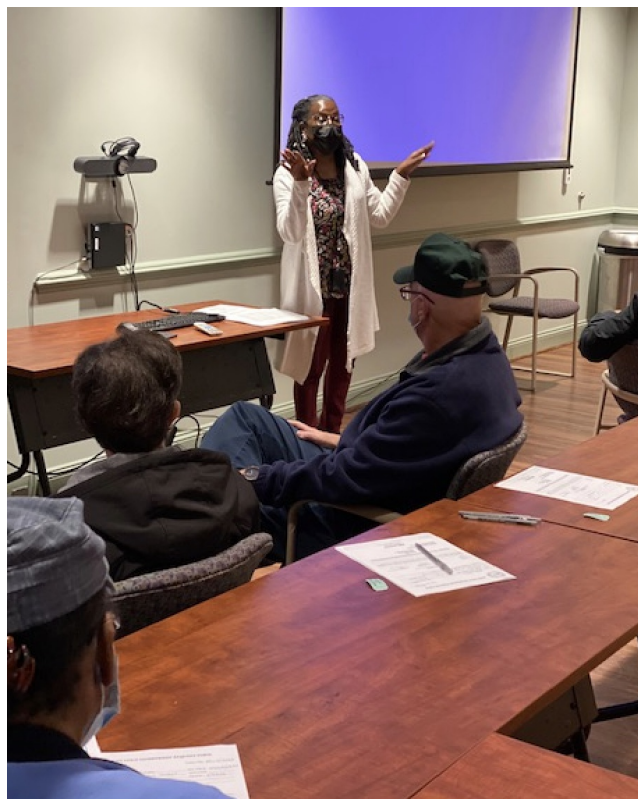
1. Preheat oven to 350 degrees.
2. Bake sweet potatoes for about one hour or until soft.
3. Cool, peel, and place in mixing bowl.
4. Beat until smooth.
5. Remove as many strings as possible.



6. Add egg substitute and mix until blended.
7. Add condensed milk, spices, and vanilla extract. Mix well.
8. Pour into graham cracker crust and bake 30-35 minutes at 350 degrees.

Servings: 8

Upcoming Seniors with Hope Events



Seniors with Hope at Bethea

January 5, 2-3:30 PM

Seniors with Hope at the Medical Plaza

January 12, 2-3:30 PM

NEW - Seniors with Hope in Kingstree

January 19, 2-3:30 PM

Conference Room

**Williamsburg Co. Health Dept.
520 Thurgood Marshall Highway**

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](mailto:Diane.Davis@hopehealth.com) or call 803-525-4241.

Holiday Closure Reminder



All HopeHealth offices will be closed on the following

dates in observance of the Christmas and New Year's holidays:

- Friday, December 23 - Closing at 12pm
- Monday, December 26 - Closed
- Friday, December 30 - Closing at 12pm
- Monday, January 2 - Closed

Hemingway Wins Chamber Image Award



The Williamsburg Hometown Chamber presented HopeHealth in Hemingway with the Image Award for November. This award is presented to businesses, individuals, and organizations that improve and/or preserve the image of Williamsburg County.

Thank A Vet Art Contest Results

The annual Thank A Vet art contest results are in! The first-place winner for 6-12 years old is Vivek Shah from the Montessori School of Florence. The second-place winner for 6-12 years old is Bella Seals from Southside Middle School.

The first-place winner for 13-18 years old is Desiré Johnson from South Florence High School. The second-place winner for 13-18 years old is Vanessa Sharper from South Florence High School.

WHAT IS A VETERAN ?

A VETERAN - WHETHER ACTIVE DUTY, DISCHARGED, RETIRED, OR RESERVE - IS SOMEONE WHO, AT ONE POINT IN HIS LIFE, WROTE A BLANK CHECK MADE PAYABLE TO "THE UNITED STATES OF AMERICA" FOR AN AMOUNT OF "UPTO AND INCLUDING HIS LIFE...." THAT IS HONOR.

FREEDOM
★ ISN'T FREE ★
★ THANK A ★
VETERAN

USA



VIVEK SHAH

6 years 10 months

MONTESSORI SCHOOL OF FLORENCE

1st Place 6-12 age group, Vivek Shah



2nd Place 6-12 age group, Bella Seals



1st Place 13-18 age group, Desiré Johnson



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 continue to be 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



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

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 Seminars:

Wednesday, January 4, 2-5 pm
Monday, January 9, 9 am-12 pm
Friday, January 27, 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:

Monday, December 19, 9 am-12 pm
Thursday, January 5, 9 am-12 pm
Tuesday, January 17, 2-5 pm
Saturday, January 28, 2-5 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:

Saturday, January 7, 2-5 pm
Thursday, January 19, 9am-12 pm
Monday, January 30, 9am-12pm

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 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.

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!