

January 20, 2023

THE PATIENT PRESCRIPTION

Your Health Begins Here



Make Health Your New Year's Resolution

Prioritize Movement in the New Year

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In our culture, January presents endless possibilities. A new year with a new chance to do better, try something new or start fresh. The new year is a time when we might reassess our positioning in life. Some people make goals and review the previous year's goals. Some folks like the idea of starting new things, but never do anything. Some people don't care at all and continue in their day-to-day stuff. Wherever you fall on the spectrum, I want you to know it's okay. I spent most of my life as someone who liked the idea of goals, but didn't set any.



Goals don't have to only be decided on and started in January. That being said, if you are ready to start now, give yourself a high-five. A lot of goals in January seem to be centered around body image; wanting to lose "x" amount of weight or to start exercising. Both of those are great! However, fitness culture has led you to believe that it should take "30 days or less." This is wrong. If you want to lose 100 pounds and someone tells you they can make it happen in three weeks, walk away very quickly from them. Johns Hopkins states, "Losing no more than one-half to two pounds per week is recommended." Losing weight and improving fitness is not a quick fix. If you want to be healthy, it will take time. This may be frustrating, but your body will thank you for doing it the right way the first time.

What does starting exercise in a doable way look like? It is just starting. Making daily decisions and efforts to be active. That means deciding to park at the back of the parking lot and walking into the grocery store. Taking the stairs instead of the elevator. Going for a walk before dinner rather than watching television. It also looks like being patient and gracious with yourself. You aren't always going to feel like being active. Be active anyway. If you miss a workout because you slept in, it's okay. Choose to do some form of activity later in the day, even if it was not your original plan. Take a walk on your lunch break instead of watching a YouTube video at your desk.

The American College of Sports Medicine states you should obtain 150 minutes of aerobic exercise per week and two or more days of resistance training and flexibility training per week. Aerobic training refers to cardiorespiratory fitness training. Examples of aerobic training include running, walking, or bicycling. Resistance training refers to muscle strengthening in the form of bodyweight or weighted exercises such as squats, pushups, or bench press. Flexibility training is exactly what you think it is. Limber up and stretch! Basically, strive to get some form of activity in most days of the week. If you are brand new, try to start with two to three days a week of 30 minutes of specific training and mix in simple activities like walking for 30 minutes on your off days.

As you ponder what direction you want to take this year, I want to challenge you about how you are setting goals. It's important to be realistic. Set short-term and long-term goals. An example of this would be I want to lose 75 pounds. That is your long-term goal. A short-term goal would be to lose three to four pounds in the next month. You would then want to plan out how you are going to make that short-term goal happen. Maybe you want to start being active and try meal prepping every week. If you want to accomplish your goal, you have to plan well. If that seems overwhelming or confusing, ask someone for help. I will provide my email below, please reach out to me. Changing your life is a group project. You need support.

Listen to your body and increase or decrease as you need to. It is okay to be kind to yourself and ease into things. Many folks start off too hard with exercise and grow to hate it due to how sore they are. Let me be the first to tell you this: you will be sore and tired. Embrace the soreness.

Below is an example of a total body routine with some aerobic work thrown in the mix.

Warm up for 10 minutes with a fast-paced walk or light jog

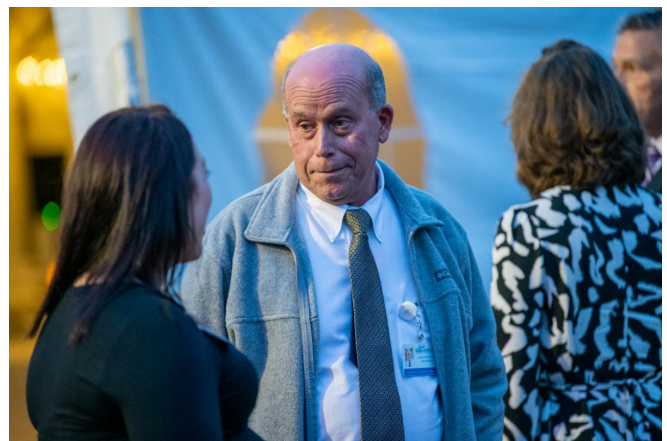
Complete two to three sets of the following:

- 8-12 pushups (modify as needed)
- 15-20 seconds of high knees
- 10-15 walking lunges
- 15-20 seconds of scissor kicks
- 8-12 dips (use a stable structure, can be a chair)
- 10-15 burpees
- 15-20 second plank
- 10-15 bodyweight squats

After the two sets, complete a 10-minute fast-paced walk or jog and cool down with some light, total body stretching.

Starting can be the hardest part. Don't be afraid to ask for help and remember to be kind to yourself. If you have any questions, [please email me](#).

HopeHealth in Orangeburg Open House



On Thursday, January 12, HopeHealth in Orangeburg hosted an open house event to celebrate its facility expansion and the addition of HopeHealth Pharmacy Orangeburg. The event included food from Palmetto Peach Catering, prize drawings, staff-guided tours of the facility, and jazz from Edisto High School musicians Zion Phelps and Khristian Sprinkle.

[Click here](#) to listen to snippets of speeches from Amber Kadlowec, practice administrator for HopeHealth in Orangeburg, Michael Butler, mayor of Orangeburg,

Deana Freeman, ANP, receives State Nurse Practitioners Award for Excellence



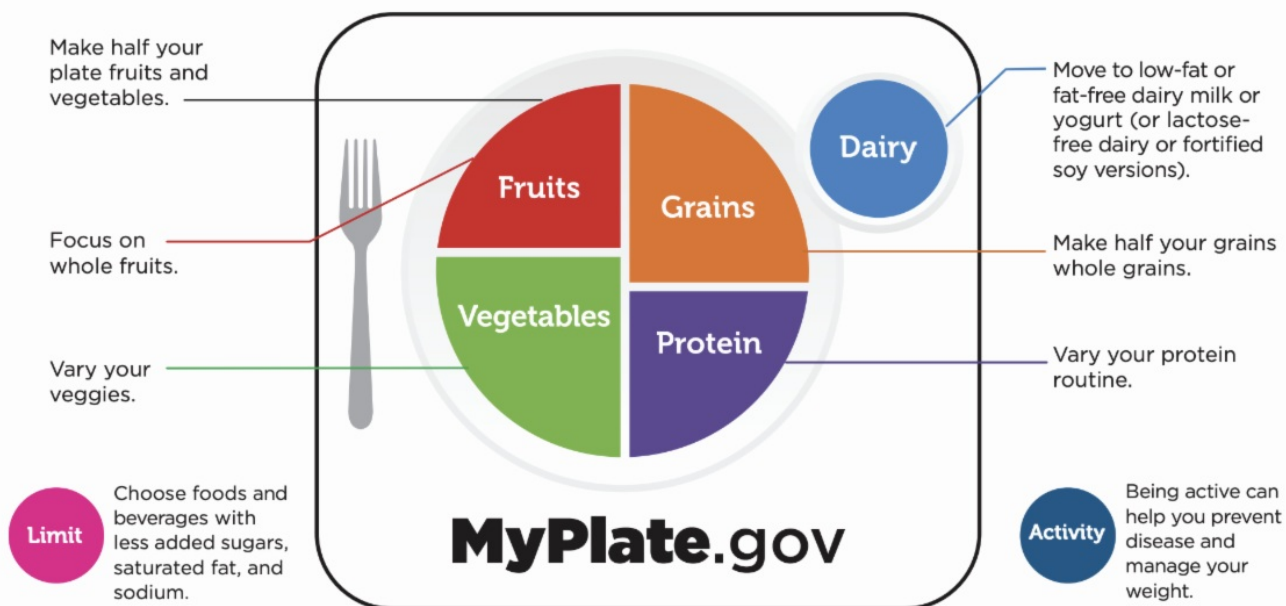
Deana Freeman, ANP, received the **2023 American Association of Nurse Practitioners Award for Excellence for South Carolina!** The AANP State Award for Excellence is presented annually to nurse practitioners and those who work to increase patients access to the high-quality care. One nurse practitioner and one advocate are chosen from each state, district, or territory. Established in 1991 to recognize outstanding clinical quality, the AANP State Award for Excellence honors nurse practitioners for the life-saving care they provide to patients.

Congratulations, Deana!

January Quality Focus: Obesity

Start simple with MyPlate

Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.



FNS-921
January 2022
USDA is an equal opportunity provider, employer, and lender.

Plate planner source: myplate.gov

HopeHealth focuses on a different quality measure each month, and January's quality is obesity. According to a March 2020 study, 41.9% of adults ages 20 and over are classified as obese. **The CDC cites** that obesity-related health conditions include heart disease, stroke, type 2 diabetes, and certain types of cancer.

HopeHealth's **Diabetes and Nutrition Institute** offers medical nutrition therapy and nutrition counseling for those looking to make dietary changes for weight loss. One-on-one sessions are provided for many different nutrition-related conditions included (but not limited to) weight management, high blood pressure, high cholesterol, kidney disease, and pre-diabetes. These sessions also include exercise guidelines, help with stress and time management, and lifestyle coaching to help you meet your goals with success!

For more information about the weight management services offered by the Diabetes and Nutrition Institute, call 843-667-9414 or visit hope-health.org.

Upcoming Seniors with Hope Events

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

**Seniors with Hope
at the Medical Plaza**
February 9, 2-3:30 PM



NEW - Seniors with Hope in Kingstree

February 16, 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** or call 803-525-4241.

Access Hope: After-Hours Care



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](#).

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:

Friday, January 27, 2-5 pm
Thursday, February 2, 9 am-12 pm
Tuesday, February 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, January 28, 2-5 pm

Friday, February 3, 9 am-12 pm

Monday, February 13, 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:

Monday, January 30, 9 am-12 pm

Tuesday, February 7, 9 am-12 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 22 participants. To register, call (843) 413-3245 and ask for Hannah McCutcheon.

Food Talk



Want to learn skills to make better food choices?
Try our nutrition class, **Food Talk!**



Food Talk

Better Choices for Better Health

This is a **free** monthly series of 4 classes designed to help you learn effective, evidenced-based tools for a healthy lifestyle. Each session is a stand-alone class led by a registered dietitian / nutritionist.

No registration required - Join anytime!*

**No classes on 5th Thursdays of the month (e.g. September, December)*

Topics include: meal planning, portion control, nutrition label reading, healthy cooking tips, eating out strategies, exercise / movement tips, and much more!

When | Thursdays, 5:30-6:15 pm (*Classes begin September 1, 2022*)

Where | HopeHealth Medical Plaza - 360 N. Irby St. | Magnolia Room

For more information, call Sonda Jett-Clair at (843) 432-3717



Take advantage of this free class offering if you're interested in learning more about living a healthy lifestyle! For more information, contact Sonda Jett-Clair at (843) 432-3717 or email sjclair@hope-health.org.

It's Your Health, Take Charge!



Healthy food doesn't have to be boring or tasteless! Join us for a monthly drop-in 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

When: 2nd and 4th Wednesday of the month

January 25

February 8

February 22

March 8

March 22

Time: 1:30-3:00 pm

Where: HopeHealth in Timmonsville Classroom

Cost: FREE!

Each class includes a nutrition topic with handouts and a quick recipe of the day with samples to taste. Share with others, ask questions, and learn from a registered dietitian nutritionist on simple ways to improve your nutrition habits.

Commit to attending at least four out of the six classes and make sure to attend the final class/graduation to receive a surprise!

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

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hope-health.org

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