

April 21, 2023

THE PATIENT PRESCRIPTION

Your Health Begins Here



Quality Spotlight - Senior Health

HopeHealth focuses on different quality measures each month, and April's quality is senior health. Below, read about the importance of advanced directives from the caregiver's perspective.

Advanced Care Planning for Caregivers

Dana Jones

FNP-C

If the COVID-19 pandemic has taught us anything, it's that life can change at any moment, with life-threatening accidents, emergencies, or illnesses. It's crucial to have a plan in place if we are not able to communicate our wishes for our own medical care as well as any loved ones we care for.



Who makes important health care decisions in the event a person is on life support, unconscious and unable to communicate, or has a chronic condition like dementia and is confused? Usually, it is a spouse or adult child, and if families can't reach a decision or no one steps forward, a surrogate will be assigned by the court system. Having no plan can cause upheaval in families and confusion in medical care decision making. In many instances, family members may not know or agree on what their loved one may want regarding end-of-life decisions. Whether it's for you, a parent, or an adult you care for, a plan can be developed with a process for medical decision making called advanced care planning or advanced directives.

Advanced care planning is an ongoing process of planning for future medical care in the event a person is unable to make their decisions. This plan can be put in place for anyone over the age of 18 and for caregivers, the goal is to start this process while the patient is still able to speak for themselves. Advanced care planning includes exploring a loved one's desires about their end-of-life wishes, creating a plan, signing legal documents, reviewing the plan on a regular schedule (usually annually), and making any updates as needed.

Creating a Plan

The planning phase for end-of-life wishes involves the individual, the family, and the health care provider. The first step is to explore a loved one's preferences regarding life-sustaining procedures at the end of life. This is a time for discussion on personal

values and wishes on life-supporting measures including mechanical ventilation, dialysis, nutrition and hydration, comfort, pain, blood transfusions, organ donation, and do not resuscitate orders. This is also a time to discuss who will be assigned as the health care representative and can make medical decisions on the patient's behalf.

Farrah Hughes, clinical psychologist and associate vice president of behavioral health at HopeHealth, provides a helpful suggestion for the planning stage. "Approaching the topic of advanced care planning can be emotionally challenging, and even overwhelming. One useful tool for guiding these conversations is the Five Wishes document (online at fivewishes.org). It provides an easy-to-use framework to help make the process less stressful for everyone. It is never too early to begin planning, and using a tool like the Five Wishes can help caregivers feel more comfortable about initiating these discussions."

A discussion of your loved one's wishes with their health care provider is covered by Medicare at the annual wellness visit. Other insurances cover this benefit as well, so check with your insurance provider.

Completing Legal Documents

Once decisions have been made, it's time to put these wishes into a legal form to have on-hand when the time comes. Every state has their own laws and in South Carolina, there are two legal documents needed for advanced directives:

Durable Power of Attorney for Health Care – This document gives one or two designated people the authority to make health care decisions on behalf of the patient and act as a health care representative. There is a separate durable power of attorney for finance issues.

Living Will – The Death with Dignity Act authorizes competent individuals to express their wishes on the use or withholding of life-sustaining procedures. The living will is a legal document explaining these wishes and ensuring health care teams honor patients' wishes regarding life-sustaining procedures. The document does not take effect until the patient's attending physician determines the patient is no longer capable of making health care decisions.

For the above to be considered legally binding, they must be official documents and must be signed, witnessed, and notarized. The South Carolina Bar Association at sctbar.org provides online examples of living wills and also discusses how to overturn the process at any time.

Families can use an attorney to provide and complete these documents. If finances are an issue in hiring an attorney, there is governmental assistance available for seniors. Find out more at aging.sc.gov/programs-initiatives.

Once the forms are completed, make sure to keep the originals in a safe place and make copies for yourself, the patient's health care provider, and other designated family members. If a person is hospitalized, a copy of these forms will be needed for their medical chart.

Annual Review of the Plan

It's important to review these directives annually to make sure they are up-to-date with your loved one's wishes and any advances in medicine or health changes. Advanced care planning and the legal documentation of advanced directives can bring comfort to the patient and their family members and is an important step for all of us to ensure our wishes are carried out by our loved ones.

Dana Jones is a family nurse practitioner certified by the American Association of Nurse Practitioners. She received her Bachelor of Science in Nursing from Chamberlain University in Illinois, and her Master of Science in Nursing from Francis Marion University. Originally from Marion, South Carolina, she is a member of the American Academy of Nurse Practitioners and Sigma Theta Tau International Honor Society of Nursing. She is also a certified dementia practitioner through the National

Exercise of the Month

Let Motivation Put A Spring In Your Step

Kayla Thompson

MS, ACSM-EP

I hope you're enjoying that sweet springtime feeling! Life is in bloom all around us - trees and flowers are coming back along with that greenish-yellow pollen hue we all love. As nature recaptures its beauty and life, our fitness goals can begin to die off. Most gyms start to decrease in activity as motivation for New Year's resolutions diminishes.



Motivation is not a simple subject. Some people dedicate their whole lives to studying motivation! I want to give you a sneak peek into the world of sports psychology and why you should think deeper about motivation.

Patrick Cohn defines motivation as, "the mental process that initiates, sustains, or guides an athlete's behavior (training, approach to competition, managing adversity, performance)." There are two types of motivation to be aware of, intrinsic and extrinsic. According to the National Strength and Conditioning Association (NSCA), intrinsic motivation refers to performing an activity for the pleasure and satisfaction derived from participation. Think of intrinsic motivation as an internal motivation. An example would be exercising because you love the way it makes you feel physically or mentally. The definition of extrinsic performance motivation refers to behavior that is regulated through expected outcomes not inherent in the activity itself. An example of extrinsic motivation is exercising for a more attractive figure.

Why does understanding motivation matter? By knowing the meaning of extrinsic and intrinsic motivation, you can better set goals and achieve them. You need to develop specific goals that target intrinsic and extrinsic motivators. An example would be setting a goal to lose five pounds in two months. You have an extrinsic motivator of losing weight. Your intrinsic motivator for losing weight would be to feel better, be healthier, or have more energy. Be specific with your goals, but also think about how they will internally and externally impact you. By intentionally appealing to these forms of motivation, you set yourself up for better achievement, consistency, and less burnout.

Sometimes motivation can decrease due to boredom. You have been doing the same workouts daily and feel it's getting a bit redundant. Great news! There's an easy fix for that! The first thing you could do is try something you have never done before. Forget about fear, just embrace the newness! You could also pick something that you are absolutely terrible at. Spice things up by improving a skill.

If you want some inspiration for an exercise routine to pair with your motivation, read below.

Complete a ten-minute warm up.

Then, do three rounds of the following:

- 45-second **bear planks with quad tap**
- 20 alternating **single leg box step ups**
- 45-second **inch worm**
- 10-15 **reverse lunges**
- 45-second **bear crawl**
- 8-10 **pull-ups**
- 10-15 **plank knee to elbow**
- 8-10 **spider pushups**

After three rounds, finish with a cardio activity of your choice (examples: burpees, box jumps, jump rope, sprints).

Cool down for ten minutes and stretch.

Kayla Thompson is a diabetes care navigator at the HopeHealth Medical Plaza in Florence and a certified exercise physiologist through the American College of Sports Medicine. She has a Master of Science in clinical exercise science.

April is National Volunteer Month



HopeHealth ♥ Volunteers

During this National Volunteer Month, we are excited to spotlight volunteers who generously give their time and effort to make our organization and the communities we serve even better.

HopeHealth volunteers work hard to ensure our guests have a positive experience by greeting and guiding guests, providing social support, assisting with outreach, and helping staff with special projects.

In 2022, volunteers at HopeHealth gave us 1,090 hours of their time by:

- Working as guest helpers at HopeHealth Pediatrics in Florence, HopeHealth in Manning, and the HopeHealth Medical Plaza
- Helping in the Medical Plaza mailroom
- Assisting with community relations and outreach projects like Hope Fresh, Seniors with Hope, and Children of Hope's "Christmas in July" campaign
- Aiding in the facilitation of Diabetes and Nutrition Institute programs

And much more!

Keep reading as we spotlight a few of our HopeHealth volunteers. Keep an eye on the [HopeHealth Facebook page](#) for additional volunteer spotlights!

Sylvia Jackson **Guest Experience Volunteer**

I wanted to volunteer to provide public service, get to know the area, those who live in it, and give back to the community.

I enjoy working with the staff at HopeHealth. Everyone is kind and pleasant. The hours are flexible. I can volunteer and at the same time still enjoy retirement and traveling.



When I am not volunteering, my husband and I enjoy traveling. I also enjoy crocheting, reading and working out.

Janice Bynem
Project Volunteer -
Community Relations Dept.

I was matched with HopeHealth by SCSEP(Senior Employment).

I love, love, love the people I get to work with. They make me feel so appreciated and valued. Also, I love that each day can be so different in what I get to do at HopeHealth.

When I'm not volunteering, I love spending time with my son & grandson, with whom I live. Also, I enjoy candle making.



Enya Ramos-Rodriguez
Student at FMU
Guest Host at Florence Peds

What inspired me to volunteer for HopeHealth was the desire to make a personal impact on my community. I felt like it was a place for me to grow both as a person and as a student.

What I enjoy the most about volunteering with HopeHealth is that I'm always learning new things and being exposed to new parts of health



care that I didn't know about.

During my free time I love reading and watching art films.

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. To learn about how to become a volunteer with HopeHealth, or to encourage others to give their time, visit hope-health.org/volunteer or contact Cindy Averitt, manager of volunteer programs, at (843) 432-2942 or volunteer@hope-health.org.

Timmonsville School-Based Clinic Ribbon Cutting



On Thursday, April 6, Florence School District One and HopeHealth hosted a **ribbon cutting** to celebrate the opening of the school-based clinic at Brockington Elementary School in Timmonsville. The HopeHealth school-based clinic offers

Medicaid Renewal Continues



Have Medicaid or CHIP?



SCAN THE QR CODE TO LEARN MORE, OR VISIT: MEDICAID.GOV/RENEWALS

Take these steps to find out if you can keep your coverage:



Make sure your state has your current contact information.



Check your mail for a letter.



Complete your renewal form (if you get one).

For more information, contact one of our HopeHealth Patient Benefits Counselors at (843) 667-9414



Do you or a loved one have Medicaid or CHIP coverage? Medicaid renewals were paused due to COVID-19, but they're back! Don't wait – update! Make sure your address and other information is up to date so that you can receive critical updates and re-apply. [SC residents can do that here.](#)

[Click here](#) to view a helpful video providing information on the Medicaid renewal process!

Nutrition and Wellness Class Offerings



Click here to access the full list of nutrition and wellness classes offered by HopeHealth!

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

Upcoming Seniors with Hope Events



**Seniors with Hope
at Bethea**

May 4, 2-3:30 PM
157 Home Avenue, Darlington

**Seniors with Hope
at the Medical Plaza**
May 11, 2-3:30 PM

360 N. Irby Street, Florence
Please wear a mask.

Seniors with Hope in Kingstree

May 18, 2-3:30 PM

520 Thurgood Marshall Hwy, Kingstree
Please wear a mask.

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](#).

Behavioral Health Seminars

Free Educational Classes

HopeHealth is offering free classes which are open to the general public. Each class serves as a 3-hour, informal lecture with handouts and time for questions and answers. These are not emotional support groups, and participants will not be asked to process personal feelings in the class setting.

Good Grief Seminar

This 3-hour educational seminar is 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.

Saturday, April 22, 2-5 pm
Tuesday, May 9, 9 am-12 pm
Thursday, May 25, 2-5 pm

Building Stress Resilience Class

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. 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.

Friday, May 5, 9 am-12 pm
Monday, May 15, 2-5 pm

Healthy Communication and Conflict Resolution Workshop

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.

Monday, April 24, 2-5 pm
Tuesday, May 16, 9 am-12 pm

Building Self-Esteem Workshop

This 3-hour workshop provides strategies and practical information to help participants improve their self-esteem, set goals to improve productivity, and strengthen relationships.

Wednesday, May 3, 9 am-12 pm
Friday, May 19, 2-5 pm

Classes are led by Georgann O'Quinn, LPC, NCC, BCC at the HopeHealth Medical Plaza (360 N. Irby Street in Florence). 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.**

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hope-health.org

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

