

October 27, 2023

THE PATIENT PRESCRIPTION

Your Health Begins Here



Quality Spotlight - Women's Health

HopeHealth's quality focus for the month of October is women's health. This focus includes topics like breast cancer, cervical cancer, HVP vaccines, and contraceptive counseling.



HopeHealth staff, including four breast cancer survivors, posed for this photograph at the October All Sites meeting in honor of Breast Cancer Awareness Month.

[Click here](#) to read about anxiety and its impacts on women. For an article on foods for fertility, [click here](#).

Picking Up Pickleball

Kayla Thompson
MS, ACSM-EP

There is a constant influx of information these days, regarding new things to do and how to do them. The 50 best ways to do your hair, 10-minute workouts from your front porch, the 50 best Thanksgiving casseroles you aren't making - the list goes on! What if we just went back to the basics? What if we went back to childhood? It was so simple - you went outside and just did - played with a pinecone, with a neighborhood kid, at a park. Getting active doesn't have to be so complicated. It could just look like playing. With the concept of play in mind, I want to bring up a new game that is taking over the town!



Pickleball is all the rage these days. For those of you thinking I've lost it, let me explain. Pickleball is a combination of ping pong and regular tennis all in one. You play on a smaller court than regular tennis, but it involves enough movement to get your heart rate up. You use a paddle that is solid like in ping pong but slightly larger. The ball resembles the whiffle ball you used to practice with in the backyard before the "big game." You can play in singles or doubles. For those shy folks, plan ahead by bringing a friend and try something new together!

Pickleball is a growing sport, and players are very inclusive! Pickleball can be learned and played at a reasonable level quickly by almost anyone. You will see people of all ages and abilities out on the courts having fun playing. Florence has six outdoor courts at Timrod Park. For those not happy about being in nature, head down to the Barnes Street Activity Center for a match on their indoor courts. If you decide you absolutely love it, Florence has their own Pickleball club! You can get more information at florencepickleball.com.

When it comes to getting active, don't limit yourself! Take time to try something new. It is a great way to get active and make friends. Playing outdoors also offers health benefits. Harvard School of Public Health states, "Research has shown that exposure to green spaces can encourage exercise and social interaction, improve mindfulness, and decrease stress and anxiety."

Whatever method of playing you decide to pursue, get up and get after it! For any questions, please reach out at kthompson@hope-health.org.

Provider Spotlight:
James Elvis, MSN, FNP-C



You have over 20 years of experience in providing care for patients of all ages. What made you want to be a family nurse practitioner?

Actually, becoming a provider was not my initial path. I worked my way up from switchboard operator, registration/ER tech, to LPN, RN, and BSN, and received many comments along the way about going further with my education and teaching. Many staff enjoyed and benefitted from the training I facilitated and the knowledge I shared with them. Hearing this over and over from colleagues and patients made me consider going back to school. During these years, I built relationships with many patients who came to trust the care I provided and appreciated the compassion offered at each visit to the hospital. At that point in life, I decided to become a FNP as medical school was not a financial avenue for me. I continued to work full-time in the emergency room and part-time as an agency nurse while pursuing my master's degree as an FNP.

Was there a defining moment in your life that encouraged you to pursue nursing? Or is this something you've always wanted to do?

I always wanted to care for people in a medical setting but wasn't sure of the capacity. My mother was an elementary school teacher and my father worked in maintenance while working on his paramedic certification. On the night of his final exam, he had a heart attack. At the age of 9, I performed CPR on him - he taught me and my brother how to do this as he was going through training. Unfortunately, the outcome was his passing, but it solidified that I wanted to be just like my father and help people. I initially pursued education through Francis Marion but eventually started the journey of becoming a nurse through Florence General Hospital.

Tell me about your time participating in medical missions to Honduras. What did that entail?

Participating in several medical missions was extraordinary. We operated in a similar manner as Doctors Without Borders, completing procedures, dispensing medication to people in need, and learning how to practice "outside the box" in a more holistic manner. Education was a key element in the missions, as many were not aware of how to safely treat certain conditions. We also participated in surgical procedures in more mobile and impromptu clinical settings. These procedures included childbirth, treatment of common illnesses, dental extraction, and amputation. The experience

was like no other and was very rewarding.

What is something that makes HopeHealth in Kingstree special?

Most of our patients see this office as an extension of family. The staff goes above and beyond to help patients, work around appointments as needed, and provide patient assistance. Staff actually sit and talk with patients about relevant events in their lives.

What has been the most rewarding experience for you during your time as an FNP? Could be a story of helping a patient or something else.

Recently, a new patient traveled out of town to come to the Kingstree office. He sent a note personally thanking me for taking the time to speak with him and his family regarding hospice and how it could benefit them. The patient had been dealing with a lot of financial and family stressors. In the note, he stated his wife had passed and thanked me for taking the time to educate them on a service that ended up benefiting them more than they ever expected. It's the little things that you do without thinking about anything in return, and people notice. This is why I practice and care for people - it's for their benefit, not mine.

[Click here to read the rest of James's spotlight questions!](#)

HopeHealth Awards Recognition

Gold ACE Status



HopeHealth has achieved Gold status in the Advocacy Center of Excellence (ACE) Program! The ACE program recognizes and rewards community health centers that demonstrate excellence in formalizing their advocacy program to make it an institutional part of health center operations. As a Gold ACE, HopeHealth serves as an example to other organizations striving to achieve advocacy excellence.

HopeHealth Receives SC Thrive Award



Candas Davis, patient benefit manager, and Autumn McElveen, EMR implementation specialist, accepted the SC Thrive Regional Partner of the Year for the Coastal Region Award on behalf of HopeHealth. HopeHealth was chosen as the winner from 1,700 applicants! SC Thrive is a dynamic nonprofit committed to partner development and support to serve the citizens of South Carolina.

Upcoming Seniors with Hope Events



Seniors with Hope at Bethea

November 2, 2-3:30 PM
157 Home Avenue, Darlington

Seniors with Hope at the Medical Plaza

November 9, 2-3:30 PM
360 N. Irby Street, Florence

Seniors with Hope in Kingstree

November 16, 2-3:30 PM
520 Thurgood Marshall Hwy, Kingstree

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.

Medicaid Renewal Continues

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! Additionally, [click here](#) to read an article about what to know if you lose Medicaid coverage in South Carolina.

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.

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 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](#).

Golf Classic - Registration Open!



November 16, 2023 | Wyboo Golf Club, Manning, SC
4-Man Captain's Choice | Social and award presentation to follow

For more information about the HopeHealth Golf Classic, contact [Charlee Rhodes](#).

Behavioral Health Seminars

Free Educational Classes

These are the final offerings for these 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, 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.

Monday, October 30, 2-5 pm
Thursday, November 9, 9 am-12 pm
Tuesday, November 21, 2-5 pm
Wednesday, December 6, 9 am-12 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.

Tuesday, October 24, 9 am-12 pm
Monday, November 6, 2-5 pm
Wednesday, November 15, 9 am-12 pm
Tuesday, December 5, 2-5 pm

Healthy Communication and Conflict Resolution Workshop

This 3-hour workshop provides practical information to help participants strengthen interpersonal skills. It is a hands-on interactive format with specific tools and skills practice for improving relationships.

Tuesday, October 31, 9 am-12 pm
Thursday, November 16, 2-5 pm
Wednesday, November 29, 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.

Thursday, October 26, 2-5 pm
Monday, November 13, 9 am-12 pm
Tuesday, November 28, 2-5 pm
Thursday, December 7, 9 am-12 pm

Classes are led by Georgann O'Quinn, LPC, NCC, BCC at the HopeHealth Medical Plaza (360 N. Irby Street in Florence). Masks are optional and social distancing will be observed. Pre-registration is required - seating limited to 22 participants.
To register, call (843) 413-3245 and ask for Hannah McCutcheon Stallings.

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