

THE PATIENT PRESCRIPTION

Your Health Begins Here



Quality Spotlight - Pharmacy

HopeHealth's quality focus for the month of September is pharmacy. Below, read about tips for better medication management.

Tips For Taking Your Medications Safely

Corey Remle

Community Health Worker

Did you know nearly 70% of adults take at least one medication each day, according to the Centers for Disease Control? Many older adults with chronic medical conditions such as heart disease or diabetes may take five or more daily. Unfortunately, many do not take their medicines as prescribed by their physicians – taking them less often than prescribed, cutting the pills in half so they last longer to save money, or not staying on schedule. These outcomes can cause unwanted and negative health effects.



It can be challenging to keep track of medications, so here are tips that may help:

- 1. Take your medication at the same time every day .** Before choosing a time, check if your medication should be taken on a full or empty stomach.
- 2. Use a pill container.** Refill the pill container at the same time every week.
- 3. Keep a “medicine calendar”** near your pill bottle(s) and note each time you take a dose. Alternatively, set alarms on your cell phone as reminders.
- 4. When traveling,** bring enough of your medications plus a few days extra just in case.
- 5. Get all medicines refilled** from the same pharmacy, if possible.
- 6. Ask questions** if you become confused, especially if the provider is giving you a new medication.

7. Share a list of all medications and supplements you are currently taking with a trusted family member or friend in case they need to help you in an emergency.

HopeHealth offers three pharmacy locations: **HopeHealth Medical Plaza** (360 N. Irby St in Florence), **HopeHealth on Pine Needles Road** (3380 Pine Needles Rd in Florence), and **HopeHealth in Orangeburg** (1857 Joe Jeffords Highway). Our pharmacies have affordable prescription pricing, convenient hours, drive-thru delivery service, and free delivery options. Please visit us at any location, [visit our website](#), or call (843) 656-0390 for more information.

Upcoming Seniors with Hope Events



Seniors with Hope at Bethea

October 5, 2-3:30 PM
157 Home Avenue, Darlington

Seniors with Hope at the Medical Plaza

October 12, 2-3:30 PM
360 N. Irby Street, Florence

Seniors with Hope in Kingstree

October 19, 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.

HopeHealth is pleased to receive support from the National Association of Community Health Centers (NACHC) to further the education, engagement, and empowerment of communities to own their health and wellness. [Click here](#) to read more!

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.](#)

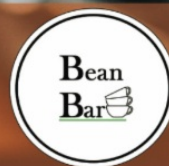
[Click here](#) to view a helpful video providing information on the Medicaid renewal process! Additionally, [click here](#) to read an article about what to know if you lose Medicaid coverage in South Carolina.

Join Us at Voluntober!



HopeHealth
Volunteers

at



Join HopeHealth Volunteers on Wednesday, October 18 for
Voluntober: A Volunteer Celebration and Interest Event.

Are you interested in giving back to your community? Meet Cindy Averitt, manager
of volunteer programs, and learn about HopeHealth's volunteer program while
enjoying coffee, refreshments, and fun!

When | Wednesday, October 18 from 4-6 pm
Where | Bean Bar - 2511 West Palmetto Street, Florence, SC 29501

RSVP to Cindy Averitt at volunteer@hope-health.org by October 10.

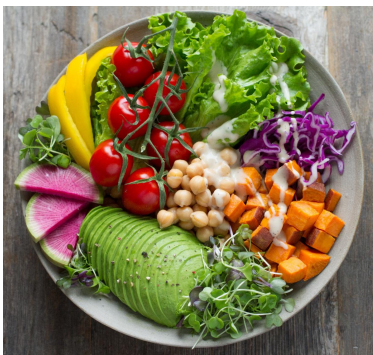
HopeHealth Volunteers Spotlight



Cindy Averitt, manager of volunteer programs, had the honor of presenting to approximately 45 people who work in volunteer management throughout South Carolina on August 31 through the Together SC Volunteer Admin Alliance. Cindy's presentation, entitled "What I Wish I Knew Before I Became a Volunteer Coordinator," touched on challenges she has encountered as a new manager of volunteers, shared her solutions, and asked for feedback on similar situations. Many great ideas and suggestions were shared! Cindy serves on the Together SC Volunteer Admin Alliance leadership team.

For more information about the HopeHealth volunteer program, contact Cindy Averitt, manager of volunteer programs, at (843) 432-2942 or volunteer@hope-health.org.

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.

Provider Welcome

Join us in welcoming our newest HopeHealth providers!



Kristin Jackson, FNP-C
Nurse Practitioner
Medical Plaza



Melissa Gonzalez Lara, MD
Endocrinologist
HopeHealth Medical Plaza
and HopeHealth in Manning



Alden McCants, MD
Pediatrician
HopeHealth in Manning
and HopeHealth in Kingstree

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.

Golf Classic - Registration Now Open!



Save the Date: 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

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.

Friday, October 20, 9 am-12 pm
Monday, October 30, 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, September 29, 2-5 pm
Tuesday, October 24, 9 am-12 pm
Monday, November 6, 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.

Thursday, October 19, 2-5 pm
Tuesday, October 31, 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.

Tuesday, October 17, 9 am-12 pm
Thursday, October 26, 2-5 pm
Monday, November 13, 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.

HopeHealth QuickLinks

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hope-health.org

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