

April 19, 2024

THE PATIENT PRESCRIPTION

Your Health Begins Here



Quality Spotlight - Senior Health

HopeHealth's quality focus for the month of April is senior health. This clinical focus includes measures like Annual Wellness Visits, senior vaccines, advanced care planning, and cognitive/health risk assessment (HRA) screenings.

To learn more about HopeHealth's senior services, including the Seniors with Hope program, Hope Gold, and free presentations on senior health, [visit our website](#).

Below, read about recognizing the warning signs of Alzheimer's and dementia.

Understanding Alzheimer's Disease and Dementia: Reduce Your Risk By Recognizing Warning Signs

Corey Remle

Community Health Worker

Many of us wonder if forgetting something, like where we left our glasses or keys, is a symptom of dementia or maybe Alzheimer's disease. We may worry about losing our memories as we age, but dementia involves much more than forgetting small things from time to time. Dementia is an umbrella term to describe several progressive brain diseases that affect an individual's capability to remain independent and manage daily activities. An estimated 60-80% of dementia patients have Alzheimer's disease. Other forms include frontal-temporal dementia, Lewy body dementia, and vascular dementia. An estimated 120,000 people over age 65 in South Carolina will have Alzheimer's disease in 2025, according to the Alzheimer's Association.



One warning sign of Alzheimer's disease is memory loss, which disrupts daily life. This would include forgetting important dates and events, forgetting recently learned information, and asking questions repeatedly. Often, this requires more reliance on family members to complete tasks that used to be easy to manage.

Another warning sign can be increased challenges in planning or solving problems. One reason for concern might be a person repeatedly being unable to keep track of monthly bills. Other concerns may be an inability to develop a plan for completing a complicated task, or trouble concentrating. Occasional math errors when managing finances or missing a step in a recipe may happen more often for older adults, but

they are not signs of someone developing Alzheimer's disease or other dementia.

Individuals with dementia may have difficulty completing familiar daily tasks – driving to a well-known location, remembering the rules of a favorite game, or organizing a grocery list. As the disease progresses, someone with dementia forgets the rules of the road while driving and may become unable to read road signs correctly. Family and friends will face difficult decisions related to taking safety measures like restricting the person's ability to drive.

Someone with Alzheimer's disease or other dementia may experience mood or personality changes. This is because memory loss and other symptoms can impact the person's behaviors. They may suddenly become suspicious, confused, fearful, or anxious, and may even accuse someone of stealing from them. They may become upset more easily with family or friends, particularly when doing something outside their comfort zone.

The risk of developing dementia increases after age 65, but there are things we can do each day to reduce our risk of cognitive decline. Mental and physical exercises are important for maintaining brain health as well as heart health. Tips for maintaining a healthy body are helpful for healthy brains as well: eat healthy, engage in physical activity like walking each day, stop smoking, and get seven to eight hours of sleep each night.

Other important tips for brain health include playing games or doing puzzles, taking a class or learning a new skill, and engaging in social activities regularly. If you have concerns about memory loss or other signs of dementia or Alzheimer's disease, see your provider! An early diagnosis can be very beneficial for patients and their families.

Visit the Alzheimer's Association's website at [alz.org/sc](https://www.alz.org/sc) for more information and several online educational presentations about Alzheimer's disease and related dementias.

The Alzheimer's Association has a helpline available 24 hours a day, 7 days a week for caregivers and family members of people with Alzheimer's disease and related dementias: **(800) 272-3900**.

HopeHealth in Kingstree Wins Business of the Year



Congratulations to HopeHealth in Kingstree for winning the Williamsburg Hometown Chamber Business of the Year Award! To be recognized as business of the year, the organization must be a member of the Chamber and have community support, offer special activities that go above and beyond for their customers, and make accomplishments toward improving the quality of life in Williamsburg County.

April is National Volunteer Month



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.

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

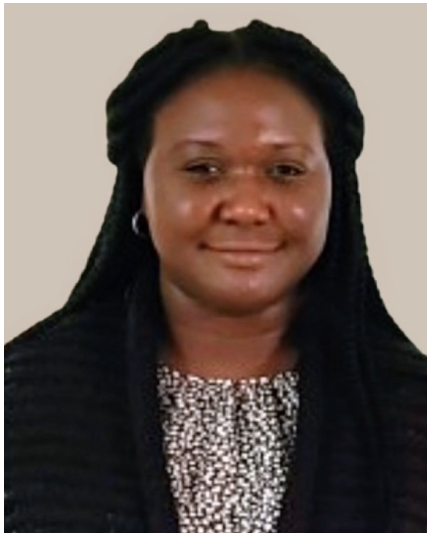
Henry Humphries

I was born and raised in Darlington. I joined the military out of high school and served 30 years before retiring in

1993.

I have been married to my wife, Ann, for 57 years. We have two sons, two daughters-in-law, and six grandchildren. My family is the love of my life.

I began volunteering at HopeHealth in 2016. I do a short devotion for HopeHealth employees Monday - Friday. I am also passionate about assisting Veterans who may need help in multiple areas.



Nicole Hickman

Bishopville, SC, is my hometown and current residence. My days are brimming with joy and laughter as a toddler teacher, but my ultimate goal is to shift from the classroom to the medical field as a pediatrician.

In my free time, I enjoy baking, traveling, and spending time outdoors. I enjoy volunteering at HopeHealth because of the fantastic patients and staff I get to interact with.

Enya Ramos-Rodriguez

I grew up in San Lorenzo, Puerto Rico and moved to South Carolina when I was 10 or 11. I'm a biology major at Francis Marion University. I like to read as well as watch art films during my free time.

My favorite part about volunteering at HopeHealth is translating for the patients and getting to know them.



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.

Healow Self-Enrollment



Patients can self-enroll in our patient portal via the Healow app! [Click here](#) for a cheat sheet and troubleshooting guide for utilizing Healow.

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 8am-8pm.**

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.](#)

Recipe Spotlight

Is eating healthy, delicious foods part of your plan for the new year? If so, check out our recurring spotlight for fun and nutritious recipes!

Build A Healthy Salad!

Spring is a wonderful time to add in more salads. Keep salads colorful to maximize nutrition and include lots of veggies as well as fruit, nuts, and beans.

Building Blocks of a Healthy Salad

- Start with two cups or more of darker green lettuces. Choose from a variety of greens, including romaine, green or red leaf, spinach, kale, arugula, endive, or radicchio.
- Next, add ½ cup or more of at least three different veggies such as tomatoes, carrots, celery, peppers, cucumbers, broccoli, cauliflower, radishes, purple cabbage, asparagus, snap peas, raw sliced squash, zucchini, or okra.
- Add protein to make it a main dish:
 - Add chopped or sliced cooked poultry, seafood, beef, or egg
 - Add and try different cheeses like feta, crumbled goat cheese, Colby jack, or mozzarella.
 - Choose legumes such as cooked chickpeas, black beans, kidney beans, or lentils as a vegetarian protein option or as another addition



Other Delicious Add-Ons

- Add fruit such as strawberries, blueberries, apple slices, mandarin oranges, or mango.
- Top with any other additions like croutons, nuts, seeds, or olives.

- Drizzle on dressing instead of drowning the salad. If you like the creamier dressings, try cutting back on the amount and mixing dressing into the salad thoroughly so each bite is flavorful!

Prep Tip: Prevent boredom and keep your taste buds happy by changing up the ingredients! Start the week off making a large basic veggie salad (store it in a gallon plastic bag in the fridge) and add different toppings on different days.

HopeHealth QuickLinks

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hope-health.org

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