

September 20, 2024

# THE PATIENT PRESCRIPTION

Your Health Begins Here



## Quality Spotlight - Pharmacy



HopeHealth's quality focus for September is pharmacy. This clinical focus includes measures like utilization of the HopeHealth Pharmacy, prescription assistance, and medication adherence.

At HopeHealth, we CARE about your pharmacy needs. Here are a few exclusive benefits to using the HopeHealth Pharmacy:

**Convenience** | HopeHealth Pharmacy makes it convenient for patients to receive their medications at the same location they receive their primary and specialty care services. Free mail and courier delivery options are also available.

**Access** | HopeHealth Pharmacy provides access to affordable medications, and medication assistance is available for qualifying patients.

**Reinvestment** | Proceeds from HopeHealth Pharmacy are reinvested back into our

patients by helping those struggling to afford medical care and broadening access to specialty services.

**Expertise** | HopeHealth Pharmacy is staffed by pharmacists with expertise in serving patients with chronic conditions by assisting providers and patients with medication management.

[Click here](#) to learn more about the HopeHealth Pharmacy's benefits and locations.

## New Hours For HopeHealth Pharmacy Pine Needles



To better serve our patients, HopeHealth Pharmacy **Pine Needles** is offering the following extended hours:

**8 AM to 7 PM | Monday - Friday**  
**9 AM to 2 PM | Saturday**

## Patient Resource - Suicide Prevention Awareness Workshops



# Suicide Prevention Awareness Workshop

September is Suicide Awareness Month.  
Join our Behavioral Health Consultants for a presentation on this important topic.  
It will be given at three different locations during September and October.

Florence (Medical Plaza) Magnolia Room  
September 17, 2:00-3:00pm | Presented by Vicky Peterkin, LISW-CP  
Manning Adult (Conference Room)  
September 23, 1:00-2:00pm | Presented by Tammie Pough, LMSW  
Orangeburg (Conference Room)  
October 4, 1:00-2:00pm  
Presented by Dalina Rainey, LISW-CP



September 17, 2024  
September 23, 2024  
October 4, 2024



Medical Plaza  
Manning Adult  
Orangeburg



2:00-3:00pm  
1:00-2:00pm  
1:00-2:00pm

Contact Hannah Stallings for  
Virtual Link ext. 2066 or  
[hstallings@hope-health.org](mailto:hstallings@hope-health.org)

## EVENT INFORMATION:

This is a **FREE** community education event. Registration is **not** required.  
For any further questions please contact Hannah Stallings at (843) 413-3245.

## Online Bill Pay

Did you know that you can conveniently and securely pay your HopeHealth bill online? You don't even have to be signed up to the patient portal to do so. **Visit this link** or use the "Online Bill Pay" button on the home page of our website, [hope-health.org](https://hope-health.org).

Online Bill Pay

## 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.](#)

## Downcountry Grill Now At HopeHealth Medical Plaza!



Brought to you by the creators of Tubb's Shrimp & Fish Company and King Jefe, Downcountry Grill is thrilled to serve not just HopeHealth patients and staff but the entire community with a tasty and nutritious menu.

## Online Ordering

You asked, and they delivered – literally! Downcountry Grill is now offering online ordering with pick-up and delivery options. Enjoy mouth-watering meals crafted with the freshest ingredients without leaving the comfort of your home or office.

## Why Choose Downcountry Grill?

- **Delicious Variety:** The menu is designed to nourish your body and delight your taste buds. From hearty salads to savory entrees, there's something for everyone.
- **Convenient:** With the new online ordering and delivery service, enjoying your favorite dishes has never been easier.
- **Community-Centered:** Proudly serving the Florence community and providing a cozy spot for friends, families, and colleagues to gather and enjoy wholesome food.

## Order Now!

[Click here](#) to explore the menu and place your order. Whether you're planning a breakfast or lunch break, Downcountry Grill is ready to serve!

### Hours of Operation

Monday – Friday  
8 - 10:30 AM | Breakfast  
11 AM – 2 PM | Lunch

Located at HopeHealth Medical Plaza, 360 N. Irby St., Florence, SC!

## Recipe Spotlight

### Slow Cooker White Chicken Chili

This is an easy one pot dish for those cooler fall evenings!

#### **Ingredients:**

- 1-1 ½ pounds skinless chicken breasts (3-4 breasts)
- 4 cups low sodium chicken stock or broth
- 2 (15 ounce) cans of reduced sodium white beans, drained and rinsed (cannelloni, Great Northern beans, or white kidney beans)
- 1 (15 ounce) can of white corn, drained and rinsed
- 2 (4.5 ounce) cans of diced green chilies
- 12 ounces of fresh white mushrooms, sliced
- 3 cloves garlic, minced
- 1 small or ½ large yellow onion, diced
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- Salt and pepper to taste (cayenne pepper works too!)

#### **Topping Options:**

- Fresh chopped cilantro
- Diced avocado
- Diced jalapeno
- Lime wedges
- Sour cream or plain Greek yogurt

#### **Directions:**

1. Place chicken in the bottom of a 6-quart slow cooker.
2. Top with chicken broth, white beans, corn, chilies, mushrooms, garlic, onion, cumin, chili powder, oregano, salt, and pepper. Stir well, then cover and cook on high for 2-4 hours or low for 4-6 hours, until chicken is cooked through. Add



- additional chicken broth if the chili starts to dry out.
3. Remove chicken to cool, and when it is cool enough to be handled, shred the chicken and set aside.
  4. With an immersion blender, puree a portion of the chili to thicken it, leaving some of the vegetables and beans whole. If you don't have an immersion blender, take out several cups and blend in a food processor (or mash well with a potato masher) and return to the slow cooker.
  5. Add the shredded chicken back to the slow cooker and mix well. Taste and adjust seasonings to your taste. When the chili is reheated through, dish into bowls and add toppings of your choice.

## HopeHealth QuickLinks

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[hope-health.org](http://hope-health.org)

Support Community Health Centers at [hcadvocacy.org](http://hcadvocacy.org). Become an advocate today!

HopeHealth | 360 N. Irby St. | Florence, SC 29501 US

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