



QUARTERLY NEWSLETTER Winter 2025



**The Diabetes Institute Expands
To Manning**



Melissa Gonzalez, MD



Gulce Solakoglu, MD

Exciting news for those in Manning and surrounding areas! **The Diabetes Institute at HopeHealth**, which offers the most comprehensive diabetes care in the Pee Dee Region, has expanded services to Clarendon County. Board-certified endocrinologists **Melissa Gonzalez, MD**, and **Gulce Solakoglu, MD**, are now seeing patients at **HopeHealth in Manning**, as well as dietitian **Anna Rhoads, MS, RD, LD, CDCES**. "Our practice is committed to providing excellent care to our patients. In addition to diabetes, we treat other endocrine-related conditions, including thyroid, pituitary, adrenal, parathyroid, and calcium disorders, as well as osteoporosis. Treatment is always individualized for each patient, and we communicate with the patient's primary health care provider to coordinate care," explains Dr. Gonzalez. Referrals by a primary care provider are required. Please call **(803) 433-4321** for more information!

Diabetes Awareness Month Events



The Diabetes Institute at HopeHealth hosted drop-in events at our Florence, Kingstree, and Manning locations in November to recognize Diabetes Awareness Month. Attendees learned tips to improve their health and blood sugar and rethink popular drink choices. They also sampled some new, healthy recipes and were given recipe cards to recreate the dishes. The events were hosted as part of an ongoing effort to educate the community about diabetes management and improving health outcomes. Along with these events, The Diabetes Institute provides free community classes at a variety of HopeHealth locations. Class offerings include Food4Health (basic nutrition), Cook4Health, Diabetes Talk, Eating Healthy on a Budget, Food Talk, and walking group classes, along with Options4Health, a health support group. For more information about events, visit hope-health.org/community/events or call **(843) 432-3717**.

Welcome New Providers



Telatha Powell, AGPCNP-BC
Nurse Practitioner
HopeHealth in Manning, Greeleyville,
Hemingway, and Kingstree



Anna Rhoads, MS, RD, LD, CDCES
Dietitian
HopeHealth Medical Plaza and
HopeHealth in Manning

A Fresh Approach to New Year's Resolutions

Sharon Black, PhD, MSW, LISW-CP/S
HopeHealth Medical Plaza

Are you motivated to change to improve your health in the new year? A recent survey of 2,000 adults showed that the top three goals people were interested in pursuing were related to health, including eating healthier, drinking more water, and becoming more active. Research indicates people who don't stick with their goals tend to try and do too much, set goals that are not specific to their life, don't modify a goal when it's not working, or fail to look at the big picture. With a "can do" mindset and practical goal setting, it becomes much easier to stay on course with strategies that work for the long term.



What is your overriding goal, and where is an easy place to start?

Goals should be challenging but achievable, with no glaring red flags. Make sure to question any goals or social media trends that sound unrealistic to you.

Start by setting one small goal at a time and making it part of your routine before adding another. When developing a goal, a helpful strategy is to think SMART, an acronym for: specific, measurable, achievable, realistic, and time-related. A plan with simple steps that work with your lifestyle helps increase the chances of being successful.

For example, if you want to add more fruits and vegetables to your diet, a SMART goal might be, "I will prep and add a vegetable to my dinner meal at least five days a week."

An activity SMART goal might start with, "I will walk for 10-15 minutes over my lunch break at least two days a week," then more activity can be added over time. Also, consider how to set up your environment with opportunities to

decrease barriers, such as planning to purchase veggies weekly to have available for meals or keeping walking shoes at work for walking at lunchtime.

Another strategy called **habit stacking** can pair a new goal with something you're already doing, such as using a walking trail located on the route home from work.

Getting creative with goal setting is another key for success. Enlist help by discussing your goals with someone you trust and having follow-up conversations over time, or joining an exercise group or cooking class, or journaling about the goal and reviewing it regularly. With any goal, check-in and adjust as needed.

Make sure to celebrate small wins. We tend to beat ourselves down for failing instead of lifting ourselves up when we do well. When doing well, embrace the progress and reward effective behaviors.

While the first of the year has traditionally been a time for changing habits, any time can be the moment to focus on building new habits to improve health. Set your course, readjust your goals when needed, and correct your course when you get off track. Take the time to enjoy the journey and the many wonderful benefits of taking care of yourself in the new year and beyond!

Golf Classic Winners



Congratulations to the winners of the eighth annual **HopeHealth Golf Classic**! Held on November 21 at the Wyboo Golf Club in Manning, all proceeds from the tournament benefit the Compassionate Care Fund.

Championship Flight Winner: Team McGriff - Lawton Greenwood, Robbie Timms, John D. Gooden, Jason Howard

First Flight Winner: Team Ford - Marion Ford, Michael Campbell, Joe Campbell, Randy Godbold

Second Flight Winner: Smith Funeral Home - Chippa Smith, Chevron

HopeHealth Hosted Annual AIDSWalk



On December 7, HopeHealth hosted its annual **AIDSWalk** at the **HopeHealth Medical Plaza**. AIDSWalk has been hosted by HopeHealth since 1993, and serves to bring awareness about the importance of prevention, treatment, and breaking the stigma associated with HIV/AIDS. Attendees enjoyed exciting giveaways and music and received important health information.

Downcountry Grill



Breakfast to lunch, **Downcountry Grill** has you covered! From the owners of Tubbs and King Jefe, come enjoy breakfast burritos, French toast sticks, sandwiches, burgers, and more! Located in the **HopeHealth Medical Plaza**.

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