

March 21, 2025

THE PATIENT PRESCRIPTION

Your Health Begins Here



Quality Spotlight - Patient Engagement

HopeHealth's quality focus for March is patient engagement. This clinical focus includes measures like hospital and emergency department follow-up, chronic care management, prenatal and postpartum care, and HopeHealth Pharmacy utilization.

[Click here](#) to read about how to best prepare for pregnancy. To read about chronic disease and mental health, [click here](#).

Upcoming Closure

All HopeHealth locations will be closed on Tuesday, April 29, for an all-staff meeting. Patients can reach an on-call provider by calling the number associated with their provider. In the case of an emergency, please dial 911 or visit your nearest emergency department.

HopeHealth In Manning Open Saturdays Through April 26



Clarendon and Williamsburg area patients:

HopeHealth in Manning will be open on Saturdays through April 26 from **8am-1pm** for patients who need to be seen for sick visits.

Please call (803) 433-4321 if you have any questions.

HopeHealth Pharmacy Greeleyville



In order to better serve our patients, we have added Greeleyville Pharmacy to our list of pharmacies!

Located at 215 Varner Avenue, HopeHealth Pharmacy Greeleyville is open **Monday-Friday, 9am-5pm and Saturday, 9am-12pm.** For more information,

call (843) 426-2170.

See Your Primary Care Provider

Even patients without known health issues should see a doctor once a year. March is a great time to get in and get checked out! If you have annual screenings due, your provider will help guide you through the process. This is also a great time for Medicare patients to schedule their Annual Wellness Visit!

March is also the perfect time for you to follow up with your provider on the weight loss goals you set in January. Staying on top of these goals, even if that means starting over, is key to your success by the end of the year!

To make an appointment, call **(843) 667-9414**.

Thank You, Board Members



*Buzz Rogers, Barbara Brooks, Carl Humphries
(HopeHealth CEO), Teresa Myers-Ervin*



Andre Dorsey

Recently, HopeHealth congratulated four board members on the completion of their term. Thank you to **Buzz Rogers, Barbara Brooks, Teresa Myers-Ervin, and Andre Dorsey** for your relentless work for HopeHealth.

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 for the patient portal. [Visit this link](#) or use the "Online Bill Pay" button on the home page of our website, hope-health.org.

[Online Bill Pay](#)

Free Community Classes



Visit hope-health.org/community/events to learn about and sign up for free community classes offered by HopeHealth! Topics range from healthy cooking to diabetes management, prioritizing movement, carbohydrate counting, and more.

Recipe Spotlight

Mediterranean Pasta Salad

Warmer weather means adding in light, cool salads! This simple pasta salad is full of flavor and nutrients and is perfect to prep ahead.

Makes 6-8 servings

Ingredients:

Pasta Salad Ingredients

- 12 ounces dry whole grain or bean-based small pasta (spiral, bowtie, ziti, elbow, etc.)
- 1 pint cherry or grape tomatoes, halved
- 1 medium cucumber, diced
- 4 oz. (½ cup) crumbled feta cheese
- ½ of a red onion, peeled and thinly sliced
- 2/3 cup sliced kalamata olives

Dressing Ingredients

- ¼ cup olive oil
- 3 Tbs. red wine vinegar
- 1 Tbs. lemon juice
- 2 tsp. dried oregano
- 1 tsp. honey (or sweetener of choice)
- 2 small garlic cloves, minced
- ¼ tsp. salt
- ¼ tsp. black pepper

Directions:

1. Cook pasta according to package directions.
2. While pasta is cooking, whisk together all the ingredients for the dressing in a small bowl, stirring well.
3. Once pasta is cooked, rinse under cold water and pour into a large bowl.
4. Add tomatoes, cucumber, cheese, onion, and olive to the pasta. Drizzle the dressing over the top, mix well, and serve.

Healthy Tips:

- Make the pasta ahead of time or make the dish one day ahead (great for meal prep). Refrigerating the pasta for 24 hours before eating turns the starch into resistant starch. Resistant starch can help keep you full longer, is good for gut



health, and can help manage blood sugars for those with diabetes.

- Add leftover chicken or beans for more protein.
- Add other veggies you like, such as red pepper, fresh spinach, broccoli, or celery.

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hope-health.org

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

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