



Quality Spotlight - Senior Health

HopeHealth's quality focus for April is senior health. This clinical focus includes measures such as Annual Wellness Visits, senior immunizations, advanced care planning, and cognitive screening.

Below, read about prioritizing health care for older adults.

Prioritizing Senior Health

Kristin Jackson, FNP-C

The Baby Boomer generation, born between 1946 and 1964, represents the largest aging population in U.S. history. In 2024, approximately 61 million Americans, about 18% of the population, were aged 65 and older. By 2060, this number is projected to grow to 91 million, accounting for nearly 25% of the U.S. population. This growth is largely due to increased life expectancy among the Boomer generation.



As the older adult population continues to grow, so does the need for age-friendly, affordable health care services, including adult day care, retirement communities, assisted living, and nursing homes. It is estimated that nearly 70% of seniors will require long-term care at some point in their lifetime.

Research shows that approximately 93% of adults aged 65 and older have at least one chronic medical condition, and 79% have two or more. Additionally, more than half of individuals in this age group take four or more medications daily. These factors can make long-term care even more necessary.

By focusing on maximizing health and improving quality of life, older adults, often referred to as “pro-agers,” can feel their best for as long as possible. While each person has a unique set of medical conditions and needs, taking an active role in one’s health is essential. Developing a trusted relationship with a primary health care provider can help individuals navigate the ups and downs of their wellness journey.

The following strategies can help older adults maintain optimal health, enhance well-being, and manage challenges that may arise during senior years.

- **See your health care provider regularly.** Be proactive about routine medical care and partner with your provider to manage your health. Keep appointments and bring an updated

list of medications and supplements, especially if you see multiple specialists. Important topics to discuss may include major life changes, new symptoms, concerns about medication, or any changes since your last visit. If you often remember questions after your appointment, consider keeping a running list to bring with you to ensure all concerns are addressed.

- **Be aware of your risk factors.** In addition to individual health conditions, some of the most common medical issues affecting adults aged 65 and older include asthma, chronic lung disease, depression, heart disease, cancer, diabetes, obesity, arthritis, high cholesterol, and high blood pressure. Ask your provider about your risk factors for developing these conditions. It is important to report any new or subtle symptoms to your provider. Changes that may seem minor, such as increased falls, pain, mobility issues, sleep disturbances, brain fog, appetite changes, mood changes, or weight fluctuations, can worsen over time if left unaddressed. Discuss any difficulties with daily activities, including dressing, bathing, cleaning, cooking, or driving. If changes begin to impact your everyday life, schedule an appointment with your provider promptly.
- **Adopt healthy habits.** Healthy lifestyle choices are the cornerstone of well-being at any age. These include a well-balanced diet, regular physical activity, adequate sleep, stress management, strong social connections, and healthy coping strategies. Small, sustainable changes over time can significantly improve both physical and mental health and support long-term quality of life. Healthy habits include social engagement! HopeHealth offers Seniors with Hope, a monthly free event for seniors, held at multiple HopeHealth locations. Open to the public, each session focuses on different topics related to healthy senior living and includes light refreshments and door prize drawings. For more information, visit hopehealth.org/services/senior-health-care/.
- **Complete Your Medicare Annual Wellness Visit (AWV).** All adults enrolled in Medicare Part B are eligible for a Medicare Annual Wellness Visit (AWV) each year at no cost. At HopeHealth, this visit is conducted by a dedicated Senior Health provider who collaborates with your primary care provider to support your overall health and well-being.

What Is a Medicare Annual Wellness Visit?

Annual Wellness Visits focus on health promotion and preventive care rather than treating illness. During this visit, you and your provider will develop a personalized prevention plan tailored to your individual needs. The visit includes:

- Assessment of health risks
- Review and update medical history
- Medication review
- Cognitive function screening
- Discussion of advance care planning

Preventive Screenings and Services

During your AWV, the provider may order or review recommended lab work, offer age-appropriate vaccinations, and arrange preventive health screenings when indicated. Common screenings include colorectal cancer screening (Cologuard testing or colonoscopy), mammograms, bone density testing (DEXA scans), pap smears, and prostate cancer screening (PSA blood test).

Education and Care Coordination

Education during the visit may include disease-specific nutrition guidance, physical activity recommendations, and individualized care planning. When needed, referrals may be made for:

- Physical or occupational therapy
- Behavioral health services
- Home health services
- Long-term care support

In addition, HopeHealth offers several pharmacy locations with on-site clinical pharmacists who can provide medication reviews and collaborate with your primary care provider on treatment recommendations.

Brain Health and Cognitive Care

If cognitive concerns are identified and a referral is appropriate, patients may be connected to HopeHealth's Brain Health Network. This program is a partnership between HopeHealth and the University of South Carolina (USC) Brain Health Network, aimed at improving access to cognitive care, particularly for individuals with Alzheimer's disease and other dementias in underserved communities. Learn more at sc.edu/about/centers_institutes/brain-health/.

Advance Care Planning

Advance care planning is an important part of the AWW and is critical for all seniors. Patients are encouraged to complete advance directives, including a living will and a durable power of attorney. The Five Wishes advance directive is widely recognized for its clarity and ease of use. More information is available at fivewishes.org.

The senior years are meant to be a time of fulfillment and enjoyment. Prioritizing preventive care can enhance your quality of life and help ensure your golden years remain vibrant and meaningful!

Upcoming Facility Closure



All HopeHealth offices and pharmacies will be closed on **Tuesday, April 28**, for an all-staff meeting. Patients can reach an on-call provider by calling the number associated with their provider's office. In the event of an emergency, dial 911 or visit the nearest emergency department.

HopeHealth Out & About

Dr. Hoyle - Doctor Of The Day



Dr. Joseph Hoyle served as Doctor of the Day at the SC State House on March 31. Doctor of the Day is a South Carolina Medical Association (SCMA) program in which doctors volunteer during the South Carolina legislative session. The Doctor of the Day gains insight into the actual procedures and personalities that shape the laws of our state, and helps Senators and Representatives get to know physicians beyond testifying and meeting with them on bills. [Click here](#) to learn more.

2026 HopeHealth Town Hall Series

HOPEHEALTH TOWN HALL MEETING

LEARN MORE ABOUT HOPEHEALTH
WITH CARL HUMPHRIES, CEO

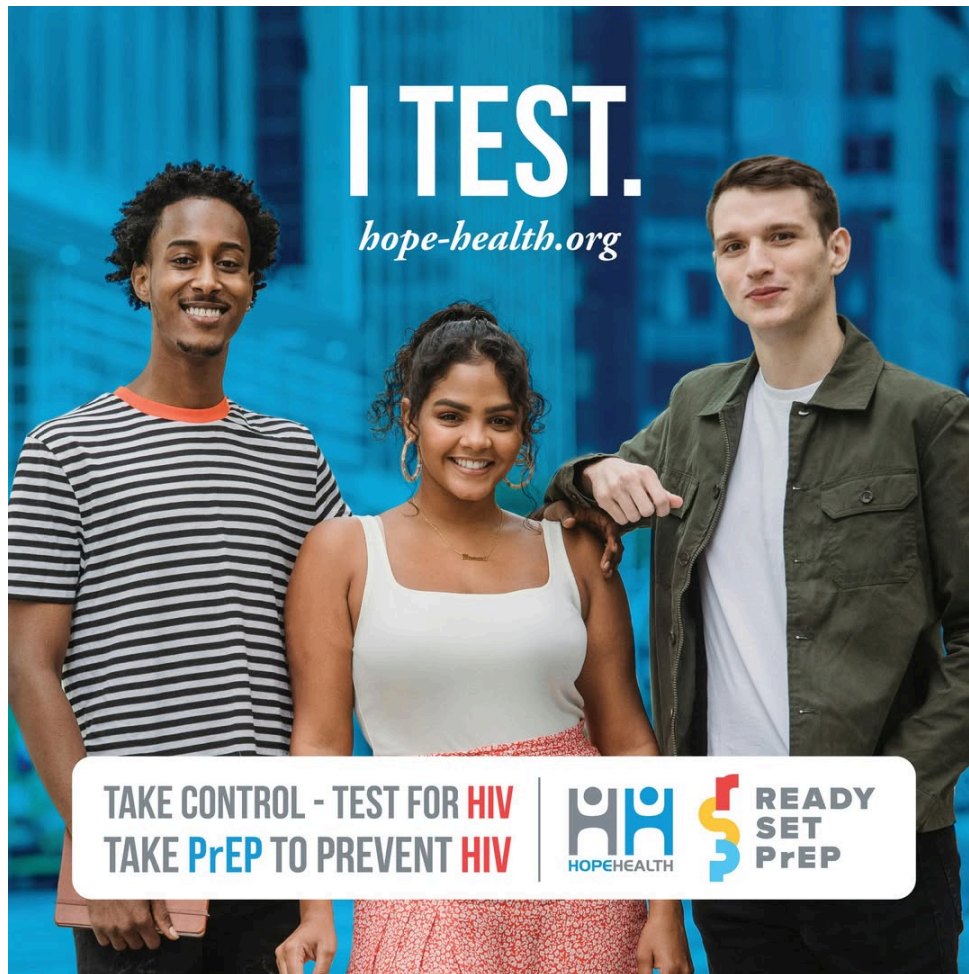
Throughout the year, CEO Carl Humphries will host quarterly town hall meetings for patients and community members, designed to build awareness and deepen understanding of HopeHealth's mission, services, and unique role as a community health center.

The next town hall will be held at HopeHealth in Manning (12 W. South St.)

on Monday, May 18, from 4:30 to 5:30 pm.

For more information and to register, visit our [Facebook page](#) or the [website](#).

Confidential HIV and Hep C Testing



Did you know HopeHealth has free and confidential testing hours? Walk-in HIV and Hep C testing is offered at the HopeHealth Medical Plaza (360 North Irby Street, Florence), **Monday-Thursday from 8:30 am-4 pm (4-6 pm by appointment) and Friday from 8:30 am-12 pm.**

Call (843) 667-9414 to learn more.

Recipe Spotlight

Strawberry "Nice" Cream

This quick and easy "nice" cream is easy, healthy, and delicious! The recipe serves 2-4.

Ingredients:

- 1-quart fresh strawberries, hulled and halved (about 2 cups)
- 1 banana, sliced into 1-2-inch rounds
- Pinch of salt
- 2/3 cup of milk of choice

Directions:

- Freeze the berries and banana until frozen solid. Break apart if frozen together into large clumps.
- Transfer the fruit to a blender or food processor. Add the salt.

- Blend for 30 seconds or until fruit is crumbly. Stop and scrape down the sides with a wooden spatula or rubber spatula. Add half the milk, blend for another 15-20 seconds, then stop to scrape down the sides again. Add the remaining milk and blend until smooth, stopping and scraping as needed, until the fruit is smooth and creamy.
- Serve immediately for a soft-serve consistency, or transfer to a lidded, airtight container and freeze for at least 2 hours, or until solid.

Tips:

- Substitute blueberries, raspberries, or a berry mix.
- The riper the bananas, the sweeter the ice cream will be.
- If it's not sweet enough, add a tablespoon of maple syrup, honey, monk fruit, or other sweetener.

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.



How satisfied were you with the content of this email?

5 - Very Satisfied

4 - Satisfied

3 - Neutral

2 - Dissatisfied

1 - Very Dissatisfied

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