

June 26, 2026

THE PATIENT PRESCRIPTION

Your Health Begins Here



Quality Spotlight - Men's Health

HopeHealth's quality focus for June is men's health. This clinical focus includes measures such as controlling high blood pressure, prostate screening, mental health, and community health engagement.

Below, read about men's programming at the Streater Community Center.



Building Brotherhood and Better Health at the Streater Community Center

The Streater Community Center opened in February 2025 as a place to foster engagement, community, and wellness for HopeHealth patients and individuals within Florence and the greater Pee Dee area.

Men's health is a key priority at Streater, offering individual and group support, education, and fellowship. Research shows that over 60% of men avoid annual wellness visits and 55% skip health screenings. Men may think they don't need it, that nothing is wrong, that they are too busy, or that they don't want to hear any bad news.

Cost and dealing with insurance companies are also barriers to men seeking medical care. Men are also less likely to receive certain forms of assistance, such as Medicaid, making the burden of health care costs even harder to bear.

Men may be taught to “tough it out,” ignore symptoms, and only seek help when a medical condition becomes unbearable or is a medical emergency. Minority men are at even higher risk, facing significant health disparities. Black men in particular have the shortest life expectancy of any other ethnic group in the US.

The good news is that learning to prioritize health at any age can help men decrease the risk of developing chronic diseases and more effectively treat any current medical conditions, such as high blood pressure, high cholesterol, diabetes, and prostate issues, before they get out of control. Healthy lifestyle changes can improve many medical conditions by building small, sustainable habits over time.

The Streater Community Center plays a vital role by serving as a hub for access, education, and empowerment. By reducing barriers to health care, Streater provides men with direct access to resources, screenings, education, and trusted support via Community Health Workers.

Community Health Workers (CHWs) can help identify and address health disparities for individuals, including transportation access and food insecurity. CHWs can help individuals coordinate health care services, such as finding a provider or getting tests completed, providing access to preventive screenings and vaccines, sharing health information and education, or assisting with completing forms for programs such as SNAP or the HopeHealth Sliding Fee Scale. Having a CHW available ensures that individuals receive immediate assistance, guidance, and connections to needed services.

There are many ways a man can start the process of getting into care. A call or visit to Streater is one option, and there are several other points of contact to explore and consider if you're not sure where to start. Visit hope-health.org or call (843) 667-9414 for more information.

Ongoing Streater activities are scheduled daily, weekly, and monthly.

Daily

Each weekday morning from 9-11am, CHWs are available for Coffee & Convo, and both men and women are encouraged to drop in with questions and for assistance.

Weekly

Weekly group activities at Streater of interest include Monday Movement or Tuesday Bingo, both from 11am - 12pm. These free events are open to all.

Monthly

“Grits with Gents” is a special monthly men’s program that focuses on improving the health and well-being of men throughout Florence and the Pee Dee area. This initiative has created a safe and welcoming space for men to connect, learn, and grow together. This program meets on the first Saturday of each month from 9 to 10:30am and offers free breakfast, sharing, and learning.

Terrance B. Legette, a Community Health Worker at Streater who specializes in helping men, shares, “A major impact for the men who attend Grits with Gents has been increased awareness and openness regarding personal health. Participants are more willing to discuss important issues such as high blood pressure, diabetes, prostate health, and mental health. These conversations are informative and transformative, shifting mindsets from avoidance to proactive engagement. Men are asking more questions, seeking guidance and medical care, and taking proactive steps toward better health.

This brotherhood has become a foundation for deeper conversations, and men who may not have otherwise connected have built meaningful relationships, encouraging one another and holding each other accountable.”

Another monthly program is Coffee with Joe, designed for Veterans and active-duty service members. The program offers a space for support and education, with resources provided to help Veterans heal from service-related challenges. This program meets on the fourth Friday of the

month at 9am, and participants can enjoy coffee, donuts, and fellowship while hearing from guest speakers.

All programs are free, open to the public, and can also serve as an entry point for individuals who may not initially seek health education by creating opportunities for connection in a relaxed and enjoyable environment.

The Streater Community Center has significantly improved the lives of men in the region by fostering a culture of trust, support, and accountability. Our CHWs and programs aim to empower men to take control of their health while strengthening community bonds. Take the time to “man up” and come visit us at 301 N. Dargan Street in Florence to start the journey to better health!

Healthy Huddle: Back-to-School with LaNorris and Jayden Sellers



Saturday, July 25 | 10 am
Florence Family YMCA gymnasium | 1700 S. Rutherford Rd., Florence

HopeHealth invites you to join us for an exclusive back-to-school event with SC football quarterback LaNorris Sellers and his brother, SC wide receiver Jayden Sellers! Come enjoy a morning of exercise, autographs, photos, healthy snacks, nutrition tips, and back-to-school supply giveaways! School-aged children must be accompanied by a parent/guardian. The event will take place in the gymnasium.

[Click here](#) to view the Facebook event.

Patient Resource - HIV Testing

**JUNE
26**

**TAKE THE
TEST
TAKE
CONTROL**

NATIONAL HIV TESTING DAY

**FREE HIV TESTING
FAST + CONFIDENTIAL!**

WHEN | JUNE 26TH, 10:00 AM - 3:00 PM

WHERE | 1500 S. IRBY STREET, WALGREENS

+ FREE GIFT BAGS!



#MyHIVTestingDay

Upcoming Facility Closure - July 3 and 4



Please note that all HopeHealth locations will be closed on **Friday, July 3**, in observance of Independence Day. HopeHealth Pharmacy will be open from 9am to 1pm on July 3 and closed on Saturday, July 4.

Patients can reach an on-call provider by calling their provider's number. In an emergency, please dial 911 or visit your nearest emergency department.

Service Spotlight - Substance Use Disorder Treatment



"I went to the park and played with my kids instead of sitting on the bench sweating out my last drink." - HopeHealth patient

Coffee with Joe - Florence and Manning



Coffee with Joe is a monthly event that brings Veterans together for meaningful conversation while connecting them with valuable community resources, health services, and programs for overall well-being.

The free program is held on the **third Friday of each month** at **HopeHealth in Manning** (12 W. South Street) and on the **fourth Friday of each month** at the **Streater Community Center** (301 N. Dargan Street, Florence).

Health Tips - Sun Protection



As the summer heat continues, head over to [the HopeHealth blog](#) to read all about sun safety tips and sunscreen recommendations!

Shrimp, Corn, and Tomato Sheet Pan Dinner

This sheet pan summer meal is quick, delicious, and easy to clean up! The recipe makes 4 servings.

Ingredients:

- 1 ½ pounds of shrimp - peeled, deveined, and with tails off
- 3 Tbs. olive oil, using 1 Tbs. at a time
- 3 garlic cloves, minced
- 2 tsp. Old Bay seasoning
- 1 tsp. salt, using ½ tsp at a time
- 4 ears of corn, shucked with kernels cut off the cob
- 1 pint of grape or cherry tomatoes
- ¼ cup fresh parsley, basil, or chives, chopped
- Zest of 1 lemon
- 1 lemon cut into quarters for serving

Directions:

- Preheat the oven to broil and line a sheet pan with tin foil.
- Toss the corn with 1 Tbs. olive oil and ½ tsp. salt on the prepared sheet pan, and then spread out evenly.
- Broil the corn for 6-7 minutes, tossing halfway through, until it begins to char in spots. Remove from oven.
- Pat shrimp dry, and place them in a medium-sized bowl with 1 Tbs. olive oil, Old Bay seasoning, garlic, and ½ tsp. salt. Toss until shrimp are coated.
- Add shrimp and tomatoes to the pan on top of the corn, and drizzle 1 Tbs. of oil over the top.
- Broil for 7-8 minutes, or until the shrimp is opaque and the tomatoes begin to burst.
- Top everything with parsley, basil, or chives and serve with lemon wedges on the side.



Tips:

- Add sliced zucchini, yellow squash, onions, or mushrooms, and broil them with the corn.
- If you don't like Old Bay, try Cajun seasoning.

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

[hope-health.org](#)

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

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

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