

In Pursuit of Wellness

Hospital Medicine Monthly Newsletter

October 2018

OCTOBER CHALLENGE: HURRICANE RELIEF

Florence and the destruction machine

As all of you are aware, Hurricane Florence wreaked havoc on coast and southeastern portion of North Carolina on September 14th, especially in Ann Donald's own beloved home town of Wilmington. The slow moving storm with its record breaking rainfall and high winds caused mini tornadoes and flooding that devastated the inland areas. Not only has the flooding caused extensive damage to homes and business, but has also forced closure of many major highways, virtually leaving Wilmington an island with limited access to supplies, food, or gas. This month's challenge will give you the opportunity to satisfy the philanthropic side of wellness. **We will be collecting supplies for those areas affected in the Carolinas until the end of October. Place supplies in large boxes underneath wellness board and in break room.** Ann will be personally delivering items to the Food Bank in Wilmington, NC. Please contact Ann for more info on how to help @ (910)-470-7065. **We will continue to collect supplies in November for the potentially devastated areas from Hurricane Matthew as well.**

FOOD BANK OF CENTRAL & EASTERN NORTH CAROLINA MOST NEEDED DISASTER RELIEF ITEMS



DONATE MONEY

Donate online at foodbankcenc.org/florencegive.

Checks can be made out to Food Bank CENC and sent to 1924 Capital Boulevard, Raleigh, NC 27604.

HURRICANE
FLORENCE

POP TOP CANS & MICROWAVABLE CUPS PREFERRED
LOW SODIUM • LOW TRANS FAT • SUGAR FREE • NO GLASS
FOODBANKCENC.ORG

Did you know?

The strongest hurricane ever recorded was Hurricane Patricia in 2015 with winds up to 210 mph (before it made landfall at 150 mph)

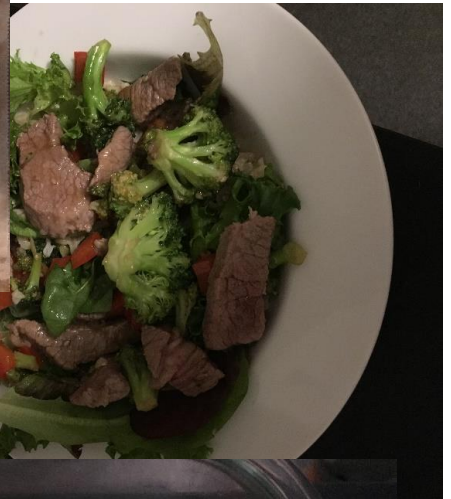
Florence is considered the wettest tropical storm to hit Carolina, with some parts receiving nearly 3 feet of rain. At least 51 people died in the Carolinas from Florence.

September Recipe Challenge

Winner: Caitlyn Langford!

Caitlyn wins two weeks subscription to Blue Apron home delivery service!

Check out some of her masterpieces below:



OCTOBER



Night at Cycle Bar!

**Thursday, October 24th @
7:30 pm**

Free to everyone

Located @ 4th & Marshall

Includes shoes, towel, water bottle, and access to locker

One lucky raffle winner will receive **a pack of 5 rides for free!**

Register online or sign up sheet on wellness board

Reverse Trick or Treat

**Wednesday, October 31st @
3:00 pm**

Put on your Halloween costume and join me as we hand out treats (healthy and not) to our patients and staff

You are welcome to bring your kiddos too to brighten up our patient's day ☺



Reverse Trick-or-Treat





Action Health Events



October Theme: Stroke Awareness

- **Walktober Move Challenge – see walking routes in email**
 - Winston Salem Campus, meet at Watlington Hall – Every Wednesday at noon
 - Wilkes, meet at flagpole outside main entrance – Mondays at noon
 - Davie, meet at main service entrance between plaza I @ II – Thursdays at noon
 - Lexington, at the fountain at the front entrance – Wednesdays (October 3 and 10 @ 12:30 pm, October 17, 24, and 31 @ 4:30 pm)
- **Farmer's Market**
 - New Hawthorne Parking Deck; Thursdays 2-5:30 PM
- **Disease Management: A program of HOPE**
 - *Do you participate in the HOPE program? Are you aware that the HOPE program can save you money on your medications? Come learn how BestHealth for US and the HOPE program are working together to help you improve your health.*
 - Sticht Center; Thursday, October 11, 12-12:45 pm
 - DMC, 4th floor classroom, October 18, 12-12:45 pm
- **Can lowering blood pressure reduce your risk of Alzheimer's?**
 - *Join Dr. Jeff Williams to learn how careful attention to BP is not only good for your heart, it is first proven treatment in history that reduces risk for memory impairment and dementia. We will discuss the current guidelines and how they relate to protecting heart and brain health.*
 - Sticht center; Thursday, October 25th, noon-12:45 pm
- **Advance Care Planning**
 - CCC 2A/2B; Wednesday, October 10th, 4-5 pm
 - DMC, small classroom; Thursday, October 11, 12:30-1:30 pm
 - LMC, classroom 2; Wednesday, October 24, 12:15 – 1:15 pm
- **Financial Counseling with BB & T**
 - Kimel Park 4th floor BP Conference Room; Tuesday, October 23rd 12-4 PM

Section on Hospital
Medicine

October 2018

Brianna Pearson, PA-C

Ann Donald, NP

Kristin Nanney, PA-C