

VEGGIES ARE HERE

VINTAGE EN VOGUE

DINEAROUND

2018 GRANTS

HEALTHLINK

HEALTH AND WELLNESS OF RANDOLPH HEALTH

SPRING 2018

**2018 Foundation Grants
Announced pg. 9**



Understanding Impact of Opioid Abuse

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SPRING HAS SPRUNG WITH THE NEW VEGETABLES AVAILABLE

By: Carleigh Simmons RD, LDN

North Carolina spring may feel more like a battle between winter and summer, but the spring vegetables are certainly abundant. When it comes to spring, I always associate the season with the color green - it represents growth and new beginnings. Our local spring vegetables include many green varieties: asparagus, broccoli, Brussels sprouts, cabbage, collards, kale, lettuce, mustard greens, peas, spinach and Swiss chard and even pops of color from onions, cauliflower, beets, carrots, turnips and radishes.

You may be wondering how to prepare these vegetables to preserve their nutritional value and still create a new and fun dinner experience for the entire family. Typically roasting, sautéing, grilling and steaming are the preferred cooking methods to

retain nutrients. When I have a surplus of these vegetables, I research recipes online that use them in unique ways. Bring spring alive in your dinner routine by creating one of the following dishes:

1. Enhance a classic dish such as minestrone soup with spring vegetables. For a lighter meal, swap out the pasta either partially or completely for asparagus, carrots, radishes, onions and greens.
2. Keep it simple and enjoy using fresh greens as a side dish seasoned with light salt, black pepper and vinegar.
3. On a cooler spring day, enjoy oven roasted vegetables of carrots, asparagus, cauliflower, broccoli, onions, Brussels sprouts and any other favorites. Toss your veggies with either Balsamic vinaigrette or olive oil and your personal choice of seasonings (I always reach for garlic,

Italian seasoning or red pepper flakes for a hint of spice). Roast at 400°F for 20 minutes or until tender. Brussels sprouts typically need to roast for 35-40 minutes.

4. When the sun is out, fire up the grill! You can purchase grilling mats to place your seasoned vegetables on or even use aluminum foil to create a packet to prevent them from falling into the flames.
5. For your Sunday brunch, whip up a quiche filled with a variety of greens, onions, broccoli, herbs and spices. This pairs perfectly with fresh fruit for a colorful meal packed with nutrition.

You can purchase local spring vegetables at your area Farmers Markets or see if you truly have a “green thumb” and try growing your own. Enjoy the shades of green this spring and your new meal creations!

UNDERSTANDING HOW OPIOID ABUSE IMPACTS THE BODY AND A COMMUNITY

By Christina Weaver,
MSN, RN,

According to the Centers for Disease Control (CDC), 115 people die from an opioid overdose every day in America. This figure is from 2016 and opioid abuse has been significantly rising every year in America since 1999. In North Carolina, our drug overdose death rate went up 24.7 percent from 2015 to 2016. According to a report by Castlight Health published in 2017, Wilmington was the number one city in America for opioid abuse - with a total of four North Carolina cities in the top 20. Out of our state's 100 counties, Randolph County's drug overdose mortality rate is number 17.

While opioid abuse is a National problem, it clearly is also a local one. While there are many people who are suffering individually from opioid addiction (either personally or with a loved one), it also has far reaching consequences. It affects a community's health, crime rates and even governmental budgets as demands for emergency care due to overdoses are causing additional expenses for the increasing cost of reversal medications (i.e. Naloxone or Narcan), replacing equipment used on overdose calls and staffing considerations.

An average person watching the news, reading the paper or surfing on the internet who hears about the "Opioid Crisis" can feel alarmed and overwhelmed. What exactly does all this mean? What can I do about it?

An opioid is a class of drugs that include the illegal drug heroin, but also legally prescribed medications used to treat pain such as fentanyl, oxycodone (Oxycontin), hydrocodone (Vicodin), codeine, morphine and many others. These drugs interact with opioid

receptors on nerve cells in our bodies and in our brains (we are born with opioid receptors). While they also mask pain, they can produce euphoria (a "high"). When used over time, the body becomes dependent on having opioids and also gets "used to" having this drug in its system. This is called "tolerance" and now it requires more of the drug to get the same euphoria or "high" initially felt. By this point (or even sooner for some), suddenly stopping the drug will cause some pretty serious withdrawal symptoms (increased pain, nausea and/or vomiting and seizures are just a few). Once the body has developed this tolerance and requires more opioids, it becomes difficult or impossible to legally obtain them. People who are addicted at this point may purchase these medicines illegally from the "street" or even switch to a cheaper drug, heroin. Even at this point, the user will still require more and more of an opioid to produce the same "high." Also, "street" opioids and heroin are frequently made in higher and unreliable concentrations resulting in someone accidentally taking more of the drug than intended - an overdose.

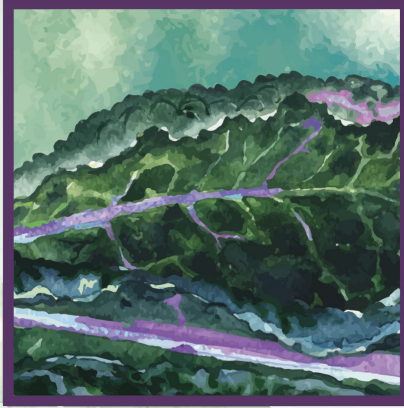
The same way opioids affect pain nerves (slowing down their transmission), they also affect the breathing nerves to the point people will stop breathing. This is how they die-unless they are found and given Naloxone (Narcan) and/or CPR is performed. Naloxone strip opioids off the nerve receptors-and hopefully they will breathe again. While there are many government and healthcare agencies working on solutions, what can the average person do?

1. Do not share your unused pain relievers - dispose of them. Do not "save them," as children or other

adults can find them and misuse them. You can turn them in to your local Law Enforcement Office (like the Randolph County Sheriff's Office) and also the pharmacy you got them from.

2. If you or a loved one has an opioid abuse problem, obtain Naloxone (Narcan) from your pharmacy. There are programs that can help, you can speak to a social worker or pharmacist. Learn how to use it (it is squirted up the nostril). Also, learn CPR. The American Heart Association or the American Red Cross both have websites where you can find a class.
3. Learn to recognize the signs of abuse, which can include: constricted or "pinpoint" pupils, having trouble staying awake, withdrawing from social activities, dramatic mood swings, switching from doctor to doctor, and/or engaging in risky activities-such as driving under the influence.
4. Learn how to get help - if immediate help is needed, call 911. Locally, you can call 1-800-256-2452 to reach Sandhills Center 24 hours a day/7 days a week. Daymark Recovery Services is a crisis center in Asheboro and can be reached at (336) 633-7000 (M-F 8am to 5pm). There is also a National Helpline, 1-800-622-HELP (4357) that can also help with information and local resources. Realize the addicted person may not be ready for help, but they are aware you are willing to help them when they are ready for recovery.

If you would like to read more about this topic, please visit www.drugabuse.gov or www.ncdhhs.gov/opioid-epidemic



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THANK YOU!

2017 ANNUAL GIVING CAMPAIGN NETS OVER \$50K



Grantees Hard at Work – With funds raised through the 2017 Annual Giving Campaign the Randolph Health Community Foundation was able to award a wide variety of grants from community gardens, Bike Rodeos, meals for those in need, new and improved outdoor learning areas, an orthotics lab and more all benefitting the health and wellness of our community.

The 2017 Annual Giving Campaign conducted by the Randolph Health Community Foundation has surpassed goal, making it the most successful campaign to date. The 2017 Campaign raised over \$50k through an Employee Giving Campaign combined with a Community Giving Campaign.

The Randolph Health Employee Campaign welcomed increases not only in dollars contributed, but also in the number of participants. The Employee Campaign had 123 participants, a 4 percent increase and pledges were close to \$29k. The Community Campaign raised close to \$22k with 67 donors.

All funds raised from the Annual Giving Campaign

become part of an endowment and are invested to earn interest. Only interest income from the endowment and funds raised through Special Events are used to fund non-profit health and wellness projects across Randolph County. The actual principle of the endowment isn't touched, meaning that these gifts have the power to make a positive impact on this community far into the future. Support through the Annual Giving Campaign ensures that your support will enrich the lives of your community and that of your children, grandchildren and great-grandchildren.

Please join us in thanking our gracious donors for the 2017 Annual Giving Campaign.

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All Dressed Up – Meghan Fede, with Randolph Health, shows off her Date Night attire.



Ready to Go – Models, Wendy Leonard (L) and Shea Davidson (R), are dressed in Day Wear attire and take a minute to pose with stylist, Lucy Grady (C).

Vintage en Vogue Welcomes Over 275 to Sixth Annual Event

By Linda Schumacher, Grants Coordinator

Vintage en Vogue, the Randolph Health Community Foundation’s fashion show fund raiser, hit the runway on Thursday, February 1, 2018 in front of a sold-out crowd of more than 275. Avant-garde fashions found in area consignment and thrift stores combined with cutting edge hair designs as 22 of Randolph County’s most fashionable residents, including five Randolph Health employees, walked the stage to benefit the Foundation.

Through ticket sales and sponsorships, Vintage en Vogue 2018 netted nearly \$13,000 for the Foundation. These funds will be used to award grants to Randolph County non-profit organizations whose projects focus on Randolph Health or the areas of nutrition, substance abuse or physical fitness.

Lane Ragsdale, Creative Director for Vintage en Vogue, was also the emcee for the event and introduced the models as they appeared on the runway. Each model appeared in fashions highlighting day wear/career wear, date night and, as an exciting finale, Kentucky Derby fashions.

The Vintage en Vogue 2018 models from Randolph Health were Meghan Fede, Wendy Leonard, Emily Martin, Aaron Murray, and Dr. Lance Sisco.

To learn more about Vintage en Vogue and the Randolph Health Community Foundation, call 336-633-7755, visit www.RandolphHealth.org or follow us on Facebook.



VINTAGE *en*
VOGUE

For 2018, the Randolph Health Community Foundation is pleased to announce that it has awarded 17 health and wellness grants totaling \$102,566. This is the 21st year the Foundation has provided funding for health and wellness programs throughout Randolph County. "The announcement of the year's grant recipients is always an exciting time for the Foundation. But for 2018, Randolph Health Nursing Administration worked with Guil-Rand Fire Department and the North Carolina Zoo Society to replace outdated, unserviceable AED machines," said April Thornton, president of the Randolph Health Community Foundation. "This will have direct impact on residents across the county and visitors to the Zoo for years to come."

For 2018, the Randolph Health Community Foundation funded grants which will engage volunteers and organizations to motivate our community to make healthy lifestyle choices. The Foundation's priorities are programs which support at least one of the following focus areas:

- **Randolph Health**
- **Nutrition**
- **Physical Fitness**
- **Substance Abuse**

"Each year, the Randolph Health Community Foundation awards grants to assist with various health and wellness initiatives," noted Thornton. "Once again, this was a competitive year, with 25 grant requests totaling over \$199,000. The grants awarded have the potential to make a tremendous difference in the lives of many, helping to create a healthier community."

The 2018 grants awarded by the Randolph Health Community Foundation include:

\$8,600 Asheboro Shelter of Hope to bring a Certified Substance Abuse Counselor to the men's homeless shelter.

\$1,200 Communities in Schools of Randolph County to purchase/equip a second Cooking Matters kit and groceries to implement this program in additional school sites in the spring and fall of 2018 and in the Central Asheboro Boys and Girls Club during summer 2018.

\$8,190 Guy B. Teachey PTO to refurbish the blacktop area and update the current playground area to allow effective use of the space and ensure the safety of students and teachers.

\$1,920 Hopewell United Methodist Church to expand current food program to provide a minimum of 960 more meals to residents in the Trinity area.

\$12,000 Lindley Park Elementary School to naturalize playground by building and installing unique climbing structures in an outdoor learning environment that supports both physical health and mental well-being.

\$6,000 Love InDeed, Inc. to provide a weekly free meal to the rural community in the Caraway Mountain area of Randolph County

\$13,950 City of Randleman to construct a pedestrian bridge over a creek on the Randleman segment of the Deep River Trail, expanding the trail.

\$2,800 Randolph Community College to provide local community resource providers, educators and advocates with the skills to address and understand addiction in the local community.

\$3,000 Randolph County Health Department to bring Play Daze, a day encouraging free play for children, to the most rural parts of our county where children and their families would not otherwise have access to this event.

\$5,000 Randolph Health Athletic Training to provide healthy after school snacks for athletes currently serviced by Randolph Health Athletic Trainers at the high school level.

\$4,000 Randolph Health – Maternity with Books for Babies to acquaint parents of the 800 newborns at Randolph Health with the important role they play in their baby's brain development by reading to them beginning day one of their life.

\$11,565 Randolph Health Nursing Administration with Guil-Rand Fire Department to purchase five AED machines, which will outfit all five Guil-Rand Fire Department front line engines, and replace current equipment that is out of date.

\$6,409 Randolph Health Nursing Administration with NC Zoo Society to provide the NC Zoo with new AED machines to replace the old, unserviceable ones.

\$3,000 Randolph Partnership for Children to improve nutrition and eating behaviors for approximately 615 children ages 0 - 5 at seven childcare centers by assisting with purchases of locally grown produce and improving on-site gardens.

2018 Grants Continued from pg. 9

\$7,587 Salvation Army to launch a health and financial wellness program for clients showing them how to safely prepare food, strengthen their bodies and provide financial management training.

\$345 StayWell Senior Care to create a handbell choir for participants, which will enhance their health and wellness, keep their bodies moving and improve the quality of their lives.

\$7,000 Uwharrie Charter Middle Grades Academy to create two natural learning environment areas to promote physical activity, opportunities for the arts and increase active play among students.

“Whether impacting babies from day one by providing their parents with books to be read to them with Books for Babies or assisting the City or Randleman to extend the Deep River Rail Trail, which will impact the entire county, these grants enable important community endeavors to succeed,” said Thornton. “Each grant recipient indirectly helps Randolph Health fulfill the second half of its mission, ‘foster health and wellness’, in unique ways in the community and across Randolph County.”

To learn more about the Randolph Health Community Foundation or to make a donation, call (336) 633-7755 or visit Randolph Health’s website at www.randolphhealth.org and click on “Foundation”.



Maternity Education Classes *Breastfeeding Class*

This class is held on Saturdays certain months throughout the year including: May, July, September and November from 10 a.m. - Noon. This class covers the reasons to breastfeed, how to get started, ways to prevent and handle problems and tips for working mothers. This class will be conducted at the Randolph Health Education Center, 200-A Foust Street. Registration is required. For more information and to register visit us online at www.randolphhealth.org.

Maternity Suites Tours

This tour is held the third Tuesday of every other month from 5:30 to 6:30 p.m. Learn about the wide range of maternity services offered at Randolph Health and speak with the expert staff on what to expect during your stay. This tour meets in the Randolph Health Visitor

Entrance. Registration is required. For more information and to register visit us online at www.randolphhealth.org.

Childbirth Classes (Basic)

This class is held on the second Monday of every month beginning in January from 5:30 to 9:30 p.m. Expectant parents gain valuable information about childbirth and pregnancy. Classes cover when to come to the hospital, stages of labor, tests performed on the baby, basic newborn care and taking care of yourself after childbirth. This class will be conducted at the Randolph Health Education Center, 200-A Foust Street. Registration is required. For more information and to register visit us online at www.randolphhealth.org.

Wellness Events

QuitSmart Tobacco Cessation Program

Tuesday, May 1 - Tuesday, May 15 - Thursday, May 17 • 5:30 - 7 p.m.

Randolph Health Outpatient Center QuitSmart is a simple three-session program that teaches tobacco users how to overcome the physical addiction associated with tobacco use. This program works with quit rates within participants of 48 - 66 percent. Commit right now to break the habit for good! You must attend all three classes. To register for this event call 336-633-7788.

FREE Skin Cancer Screening

*Tuesday, May 15 • 5:30 - 7:30 p.m.
Randolph Health Cancer Center -
373 N. Fayetteville St., Asheboro*

If you have a mole or discoloration that you’re concerned about, come have it checked out. This screening conducted in partnership with Asheboro Dermatology & Skin Surgery Center is available for anyone who has not had a skin cancer screening in the last two years and who has an unusual mole or discoloration. Call 336.633.7788 to see if you meet the criteria to participate in this FREE screening. For more information you can also visit www.randolphhealth.org.

FREE Throat Cancer Screening

Tuesday, June 5 • 2:30 - 5 p.m.

*Randolph Health Ear Nose & Throat -
124 N. Park St., Asheboro* Randolph Health Cancer Center in partnership with Randolph Health Ear Nose & Throat will provide a FREE throat cancer screening for adults who haven’t been screened in the last year, have or are currently smoking or using tobacco products and who are hoarse. Call 336.633.7788 to see if you meet the criteria to participate in this FREE screening. For more information you can also visit www.randolphhealth.org.



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In memory of Patricia Ann Burchette Ashley
In memory of Erik Christensen
In memory of Carolyn M. O’Kelley Fischer

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Spring 2018 Mammogram Fund

To Mammogram Fund In memory of Virginia S. Dozier by Kurt and Patty Sullivan



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