

EGGPLANT, A BERRY?

VINTAGE EN VOGUE

PINKABOO 2017

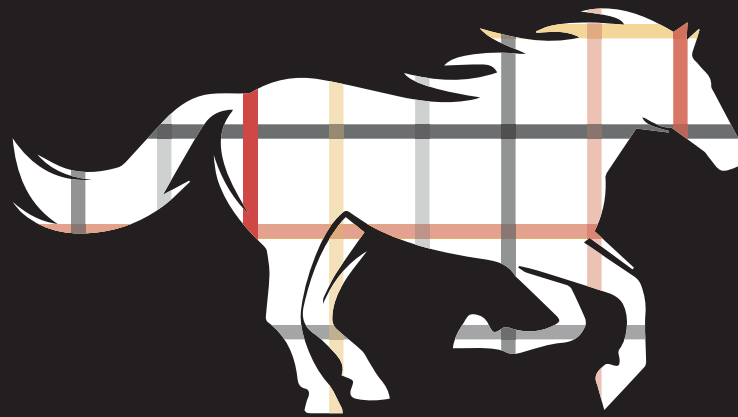
MOTORCYCLES FOR MAMMOGRAMS

# HEALTHLINK

HEALTH AND WELLNESS OF RANDOLPH HEALTH

WINTER 2018

*Vintage en Vogue 2018*



*Kentucky*  
DERBY

Suicide - know the signs so  
you can help save a life.



# THAT PURPLE BEAUTY WE CALL EGGPLANT

By Karen Pfohl, RD, LDN

**E**ggplant is thought of as a vegetable, but it's actually a member of the berry family. Eggplant is mentioned in ancient Chinese horticultural writings dated from 544. The word "eggplant" was first recorded in 1767 and was originally used to describe white fruit, that were small, round, yellow or white and looked like a hen's egg.

Eggplant can be found in a variety of shapes, sizes and colors. Colors may vary from white, yellow, green, reddish-purple and dark purple. They can be solid in color or with white stripes. Eggplant can be found year round in many grocery stores. Look for one with shiny skin and they need to breathe, so don't cover it with plastic wrap.

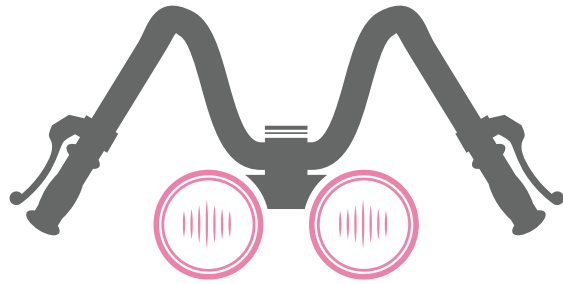
Raw eggplant is about 90 percent water, so fairly low in calories. The purple skin is edible and has antioxidant activity. Eggplant can be baked, grilled, roasted, sautéed, fried or stewed. How it is prepared will determine how many calories it will ultimately provide.

Raw eggplant can have a bitter taste and leave the mouth somewhat dry, like eating an under ripe persimmon. (Ask me how I know?) It becomes tender when cooked and is delicious. As mentioned earlier, eggplants are classified as a berry, and they contain numerous edible soft seeds.

I have grown eggplant the past two summers and they are abundant producers. This year I grew the

Japanese and Black Beauty varieties. They remind me of zucchini ... pick one and two more grow in its place. I brought my extra eggplant to work to share. My coworker was telling me she had sliced the eggplant and baked it for a recipe she was making. She relayed that her son and a friend had never had eggplant before – tasted it, liked it and ate the whole pan. We both laughed and I thought to myself, how could you eat that much eggplant?

About a month later I was slicing some of the remaining eggplant to bake and freeze. When the pan came out of the oven I tasted one, two, three, then another and before I knew it there was none left to freeze. Question answered!



## MOTORCYCLES *for* MAMMOGRAMS

### Thank you!

The Randolph Health Mammogram Fund was the recipient of a very special motorcycle ride that gave 100 percent of proceeds to help prevent breast cancer. It was a beautiful fall morning in which roughly 150 riders came out to participate in the second annual Motorcycles for Mammograms ride. Cox's Harley-Davidson was flooded with a sea of pink, as participants gathered in honor of and in memory of breast cancer survivors. Over \$12,000 was raised and will go to fund screening mammograms for un- and underinsured women in Randolph and Montgomery Counties. We want to thank all of the sponsors who made this event possible and through their donation have helped to create a healthier community.

### Olympic - \$1,000

Cox's Harley-Davidson  
Cox's Double Eagle Harley-Davidson  
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Randolph Health Cancer Center

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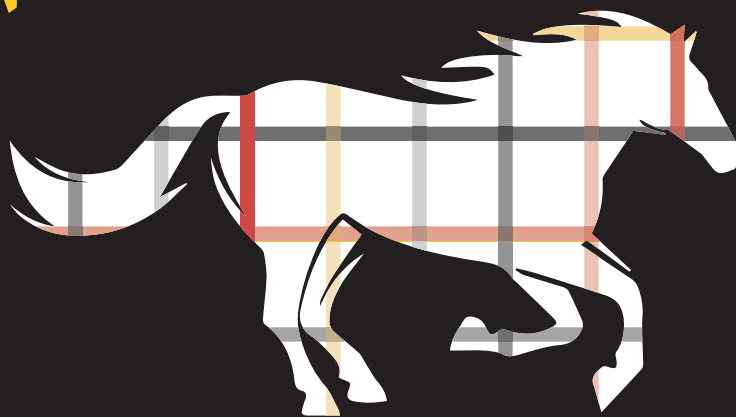
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The Freddy Adkins Band  
Walden Sound and Equipment

# Vintage en Vogue 2018



## ==== *A Run for the Roses* ====

# Right Down the Runway

By: Linda Schumacher, Grants Coordinator

When you think of the Kentucky Derby, what comes to mind? The twin spires of Churchill Downs, silhouetted against a bright blue sky? The drama and beauty of 15 thoroughbred horses, thundering around the track? All the gorgeous clothes sported by the throngs of people enjoying the bright spring sunshine? Do you ever think of Vintage en Vogue?

Yes! Vintage en Vogue, the Randolph Health Community Foundation's fashion forward fundraiser is kicking off 2018 with a nod to the Kentucky Derby. The 24 models selected for the upcoming show will walk the runway on Thursday, February 1, 2018 featuring three distinct looks: day wear/ careerwear, date night and Kentucky Derby.

"Vintage en Vogue continues to be, not only a way to support the Foundation, but an introduction to the Foundation for many people,"

noted April Thornton, President of the Randolph Health Community Foundation. "Once again, Klaussner Home Furnishings has graciously allowed us to use their space for the show, and area thrift stores and consignment shops, as always, have been a tremendous help."

Tickets for Vintage en Vogue are selling quickly and seating is limited. A standard ticket is \$40 and VIP tickets, which include front row seating and a private, on-site cocktail party prior to the show, are \$65.

"Last year, in celebration of our fifth anniversary, we asked our models and stylists to interpret the look 'masquerade ball' and it was a huge success," said Fran Knapp, Chairman of the Foundation Vintage en Vogue Committee. "It was so well received, in fact, that we decided to try another new look for 2018. It will be fun and interesting to see how our models dress for the Kentucky Derby – especially all the fabulous hats."

The 24 Vintage en Vogue 2018 models have been chosen from across Randolph County and represent a wide cross section of our community. Just like the majority of the models who have been selected over the past five years, Ken Grady was surprised to get that initial phone call. "I was hesitant to say yes at first," Grady said. "I was very apprehensive, thinking about being up there on the runway. But then I thought about what a great fundraiser it is and how many lives it touches. There was no way I could say 'no.' So, anxious or not, I'll take one for the team."

Mark your calendars and plan to attend Vintage en Vogue on Thursday, February 1, 2018 from 6 – 8 pm. To purchase Vintage en Vogue 2018 tickets or to learn more about the Randolph Health Community Foundation, please visit [RandolphHealth.org](http://RandolphHealth.org) or contact Linda Schumacher at 336-633-7755.



Aaron Murray



Alex Rebolledo



Corinne Hughes



Donna Allen



Emily Martin



Jonathon Gilbreath



Ken Grady



Kyle Pugh



Lance Sisco



Laura King



Logan Winslow



Lonnie Keogh



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Shea Davidson



Trip Pickel



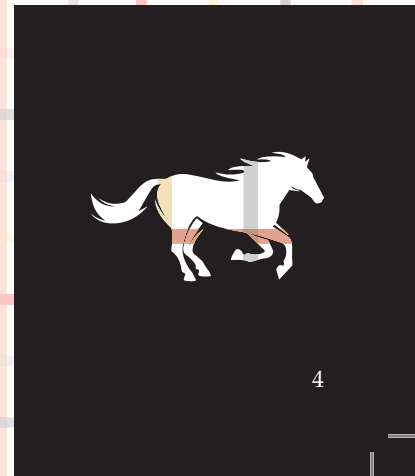
Wallis Gorden

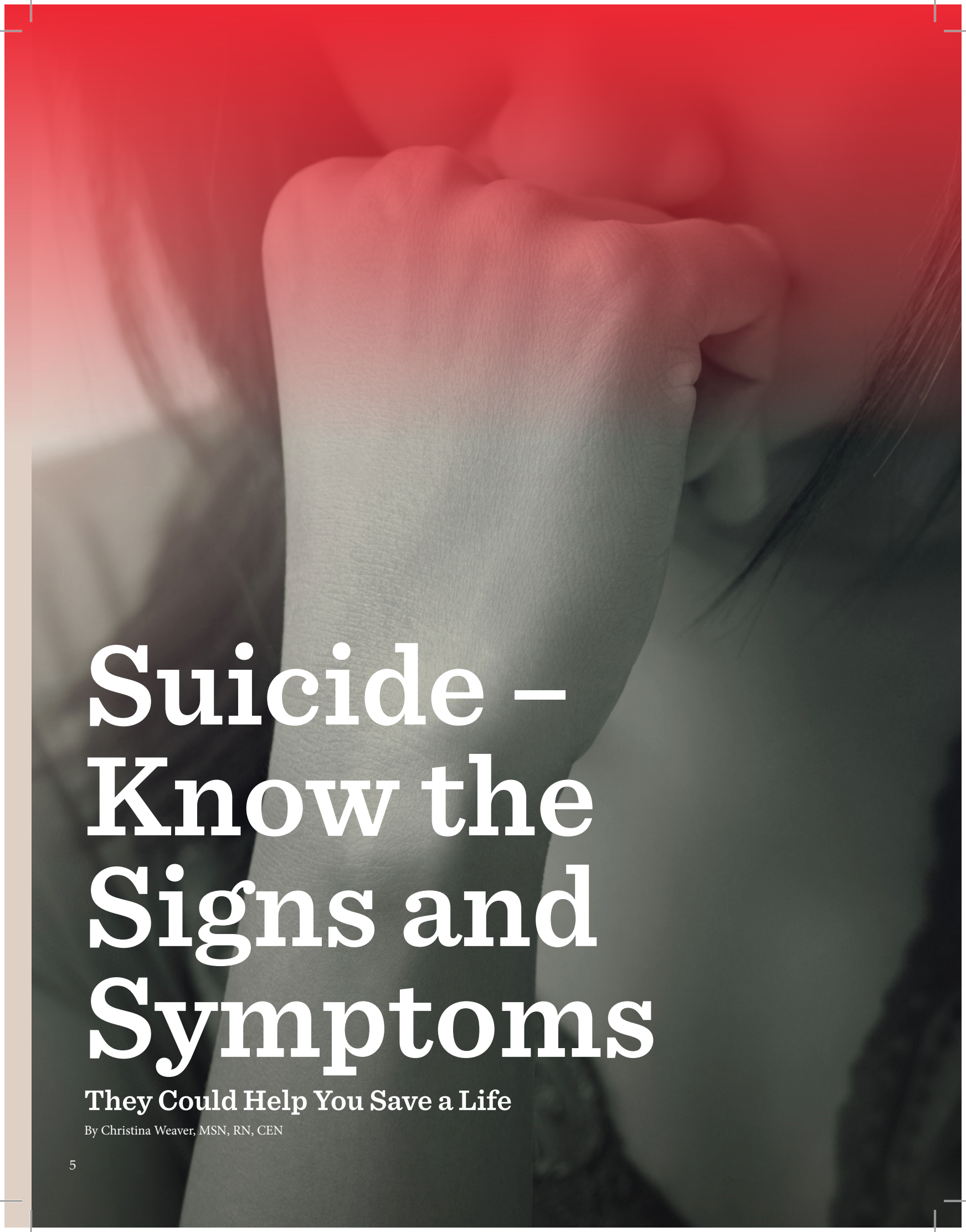


Waynette Araj



Wendy Leonard





# Suicide – Know the Signs and Symptoms

**They Could Help You Save a Life**

By Christina Weaver, MSN, RN, CEN

Traditionally in the United States and around the world, the beginning of a new year has many people thinking about hope, dreams, goals and ideas of ways to improve their selves. During the first few weeks of January, it is pretty easy to strike up a conversation with someone simply by asking them “Do you have any New Year Resolutions?” Most people will reply with goals such as losing weight, improving their health, or even bettering their situation at work.

However, there are many people around us who are not looking forward to the future. In fact, the New Year can bring a sense of hopelessness for these people. According to the Suicide Prevention Resource Center, 9.8 million people in the United States had serious thoughts of suicide during 2016. That is a little over

3% of the American population! To give a comparison, the American Cancer Society reported in 2016 there were 1.7 million people diagnosed with cancer. Yet, it seems more is heard about cancer prevention and treatment than suicide.

According to the Centers for Disease Control (CDC) suicide is the 10th leading cause of death in the United States. However, it is the ONLY “top ten” cause of death that is 100% preventable. The CDC also reports suicide is the 2nd leading cause of death for ages 44 and under. North Carolina has a higher suicide rate than the National Average and Randolph County has the 26th highest suicide rate of all 100 counties in North Carolina. Suicide can affect anyone-no matter where you live or how “safe” your community is.

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### **What can be done to prevent suicide?**

Learn the signs and symptoms, recognize the risk factors, and reach out to someone you believe may be thinking about suicide with a five action step plan.

#### **The signs and symptoms that could indicate someone is thinking about suicide are:**

- talking about wanting to die or wanting to kill themselves.
- talking about feeling empty, hopeless, or having no reason to live.
- making a plan or looking for a way to kill themselves, such as searching online, stockpiling pills or buying a gun.
- talking about great guilt or shame.
- talking about feeling trapped or feeling that there are no solutions.
- feeling unbearable pain (emotional pain or physical pain).
- talking about being a burden to others.
- using alcohol or drugs more often.
- acting anxious or agitated.
- withdrawing from family and friends.
- changing eating and/or sleeping habits.
- showing rage or talking about seeking revenge.
- taking great risks that could lead to death, such as driving extremely fast.
- talking or thinking about death often.
- displaying extreme mood swings, suddenly changing from very sad to very calm or happy.
- giving away important possessions.
- saying goodbye to friends and family.
- putting affairs in order - making a will.

If these signs are observed in a person, reach out to them. Help them by calling the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Encourage them to seek help from a mental health

professional. Also, recognize the risk factors associated with suicide. If you are worried about someone's behavior and they have a risk factor-please get them help!

#### **The risk factors for suicide are:**

- depression, other mental disorders, or substance abuse disorder.
- certain medical conditions.
- chronic pain.
- a prior suicide attempt.
- family history of a mental disorder or substance abuse.
- family history of suicide.
- family violence, including physical or sexual abuse.
- having guns or other firearms in the home.
- having recently been released from prison or jail.
- being exposed to others' suicidal behavior, such as that of family members, peers, or celebrities.

Suicidal thoughts or actions are a sign of extreme distress. These people are not "just wanting attention." Many people who died from suicide have had several "failed" attempts previously.







### **Five steps for helping someone in emotional pain:**

- 1. Ask: “Are you thinking about killing yourself?”** It’s not an easy question, but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.
- 2. Keep them safe:** Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
- 3. Be there:** Listen carefully and learn what the individual is thinking and feeling. Findings suggest acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.
- 4. Help them connect:** Save the National Suicide Prevention Lifeline’s number in your phone so it’s there when you need it: 1-800-273-TALK (8255). You can

also help make a connection with a trusted individual like a family member, friend, clergy or mental health professional.

- 5. Stay Connected:** Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person. The first week home after being in a hospital for psychiatric care is a very high risk point in time for someone who is suffering.

If you would like to know more about resources available in your community, you can call the Substance Abuse and Mental Health Services Administration Treatment Referral Helpline at 1-800-662-HELP (4357). You can also go to their website at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov) and enter your zip code and it will show local mental health resources. However, if someone is in immediate danger for suicide and you are afraid to leave them alone, please call 911 so they can get immediate help and transported to the closest Emergency Department. You just may save their life!



Presented by the Randolph County Bar Association



**I**t was a cold blustery morning and all the ghouls, goblins and monsters were ready to hit the pavement all in support of raising funds to pay for screening mammograms for un- and underinsured women in Randolph County. Well, only part of that is correct, but it sounded good didn't it?

With 112 runners hitting the pavement first, followed by 169 dedicated walkers, the 3rd Annual Pink A Boo 5k event was underway. It was scary how fast the participants were and there were several monsters out there that totally destroyed the race. The true winners are the women of Randolph County that now have another option available through the \$20k raised at this event to pay for a screening mammogram.

We want to thank all of our sponsors who made this event possible, especially the Randolph County Bar Association, which became our naming sponsor this year. Through their donations we will be able to help create a healthier community. Thank you!

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### Winter 2018 Memorials

In memory of Richard A. Pickett, Sr.  
In memory of Richard A. Pickett, Sr.  
In memory of Richard A. Pickett, Sr.  
In memory of Jim Bivens  
In memory of Richard A. Pickett, Sr.

by: James M. Culberson  
by: Cooper and April Thornton  
by: Greensboro Radiology  
by: Cooper and April Thornton  
by: Ann and Mac Pugh

### Winter 2018 Honorariums

In honor of Ann Hoover  
In honor of Claire Davis  
In honor of Walk to Remember  
In honor of Steve Eblin  
In honor of Skip Marsh

by: John and Martha Ogburn  
by: John and Martha Ogburn  
by: Bethany United Methodist Women  
by: Martin & Co.  
by: Martin & Co.

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To Randolph Health Mammogram Fund  
To Randolph Health Mammogram Fund

by: Randolph County Health Department  
by: Williet and Ava Harrington



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