

SOUP'S ON

VALET PARKING

NEW PHYSICIANS

WE'VE GOT AN APP

HEALTHLINK

HEALTH AND WELLNESS OF RANDOLPH HEALTH

FALL 2018



**Pink A Boo is Back
and Better than Ever!**

PG.7



**AN AMBASSADOR
WITH A VISION**

PAGE 3



Who's Ready for Soup?

By Karen Pfohl, RD, LDN
Randolph Cancer Center

As the days get shorter and the temperatures cooler, my thoughts turn from grilling my garden produce to making soup. Nothing helps to warm up a chilly day like a good bowl of soup. Do you like meat, poultry or seafood in your soup? Or, do you prefer meatless? Do you want a broth based soup or something thick and chunky like a chili, stew or chowder? Regardless of your preference, the varieties are endless, and making your own soup can be a great way to eat more veggies and add fiber to your diet. Homemade soups are often lower in sodium too.

Beans and/or lentils can add protein, fiber and B-vitamins to your soup and are fairly inexpensive. Consider using a whole grain such as barley or farrow in place of white rice or pasta for extra fiber. Fresh or frozen vegetables are a good option for keeping the sodium low in the soup you're creating. Many grocers have chopped fresh vegetables available, which can be a time-saver.

In March 2018, the Academy of Nutrition and Dietetics encouraged decreased food waste as part of its National Nutrition Month campaign, "Go Further With Food." Think about chopping up and freezing that left over piece of meat or vegetables. Put them in a freezer bag labeled for soup. Then, when you decide to make soup, add these items as a great way

to save money by using leftovers and decreasing food waste at the same time. Growing up, my mom would freeze leftovers and when she had enough items would make a meat pie for dinner. Fond memories!

Soup can be a satisfying, nutritious meal. Have a salad as a side, or fruit for dessert and increase the fruits and vegetables that the typical American diet is sorely lacking. Soup can also make a delicious lunch when pre-portioned into microwavable bowls to reheat at work or home.

Soup doesn't require too many kitchen gadgets. At a minimum, a knife, a cutting board, and a pot to cook your soup in. Look at soup recipes to get ideas for ingredients and their portions needed. But, be adventurous, what's in your refrigerator ... carrots, celery, cabbage and onions add great flavor to soup. Do you have potatoes that have grown shoots? Cut off the eyes, scrub the skin, dice them up and put them in the pot. Even chopped sweet potato makes a yummy flavor addition for soup or chili.

So, the next time you're tempted to toss the remaining chicken breast or vegetables in the trash, chop and freeze them instead. And be thinking of that soup creation you'll be making that will be nutritious and delicious to warm you up on a chilly day.

Here is a quick and easy soup recipe that I found years ago (source unknown) that is great tasting as is, or personalize it with soup ingredients you enjoy. Happy soup making!

Cabbage and Baked Bean Soup Makes 4 hearty servings

- 1 Tablespoon olive oil
- 1 Medium onion, chopped
- 2 Baking potatoes, scrub skin and dice
- 6 Cups shredded cabbage
- 2 cans (10.5 oz each) chicken or vegetable broth
- 1 can (28 oz) Baked Beans – maple flavor is my favorite
- ½ Teaspoon black pepper

1. Heat olive oil in 4–6 quart sauce pan or kettle over medium heat. Add onion and cook 5 minutes or until tender. Stir in the potatoes, cabbage and broth. Bring to a boil, reduce heat, cover and simmer 15–20 minutes or until potatoes are cooked and cabbage is tender.
2. Stir in baked beans, black pepper, heat through and serve.

Cooked barley, corn, cooked chicken or bacon bits are just a few of the items that make a great addition to this soup.

LIONS, TIGERS AND FLU, OH MY!

By Dr. Hope Staton
Randolph Health Pediatrics

It's that time of year again - flu time! It's that time of year when everyone has runny noses, fevers, cough and just feels yucky. As a pediatrician, we see a lot of illnesses during the winter months. The flu is one of the most common illnesses that we see in our office along with a lot of other nasty viruses.

So, we want you to be prepared and educated about the flu to keep you and your family healthy. Why should we care about the flu? According to the American Academy of Pediatrics, as of August 2018, there have been 179 flu related pediatric deaths in the last year (this was a record number). Reportedly, 80 percent of the patients who died had not received a flu vaccine. That's an astonishing number, and one we can do something about! The most important and recommended prevention of the flu is for everyone to receive a flu shot. The American Academy of Pediatrics recommends that all children, 6 months of age and older receive the flu vaccination every year. Flu vaccines have to be repeated every year.

It is also important that parents become aware of the signs and symptoms of the flu. The most common symptoms of flu include: fever, cough, sore throat, body aches and fatigue. Since a lot of viruses can cause these symptoms, it can be hard to distinguish the flu from other viruses (even for pediatricians). There is flu testing available at most pediatric offices. The flu test consists of a nasal swab. It is important to also take steps to prevent the flu from occurring in the first place. Hand washing is very important, as well as asking people to cover their cough if they have an illness. However, vaccination remains the single best method for prevention.

There are a few options for flu



vaccinations this year. First, there is the intramuscular flu vaccination (basically, the shot). This consists of a killed virus (not live) that is injected into the muscle. The American Academy of Pediatrics recommends this shot as it has consistently been the most effective method of vaccination and has better protection against the different types of flu strains. The next option is the influenza nasal spray. This is a vaccination that is a live virus vaccine. Therefore, this will not be an option for everyone and the American Academy of Pediatrics only recommends this for children who otherwise wouldn't get vaccinated. In kids that are younger than 8 years old and it is their first time receiving the flu vaccine, they will require a repeat vaccination four weeks from the initial vaccination. However, if your child has received a previous flu vaccine, then they only need one vaccination for this year's flu season.

As a pediatrician and a mom, I know that we all want our children to be healthy and not sick. Therefore, it's important that we all do our part to prevent the flu. Pediatric clinics have received the flu vaccine and are ready for you! Let's all do our part to keep our kids healthy and well this winter.



Dr. Hope Staton
Randolph Health
Pediatrics
713 S. Fayetteville St.,
Asheboro, NC 27203
Phone: 336.625.2467

Medical School: Edward Via Virginia College of Osteopathic Medicine in Blacksburg, VA
Residency: Wake Forest University Baptist Medical Center in Winston-Salem, NC

AN AMBASSADOR WITH A VISION

By Linda L. Schumacher, Grants Coordinator

It's been said that the only sure thing in life is change. That has certainly been the case for businesses and industries across Randolph County. And maybe no other business has been affected by change quite like Randolph Health.



Taking the helm of the health care system on July 1, 2018, Angie Orth, Randolph Health CEO, is prepared and eager to move the system into the future.

"The time I've been in my new role as CEO has been exciting and energizing," said Angie. "I've been spending a lot of time out in the community. Steve (Eblin) and I have met with 30 – 35 community leaders, from business owners, superintendents of schools, Rotary Clubs, Kiwanis Clubs, governmental leaders – a wide variety of people. Now that I'm CEO, I'm working to make sure we're on track and on the right trajectory to achieve our financial, quality and satisfaction goals, while at the same time moving the system towards stability."

Stability is the key word for Angie and the rest of her team at Randolph Health. Although she is optimistic about the future and her ability to lead her system forward, she is also realistic about where Randolph Health is currently and what it will take to achieve her vision of success.

"The conversations I've had have been very open and candid about the state of affairs at Randolph Health," Angie noted. "The message is that health care is in a state of unprecedented change. We are not immune to that. In fact, we are in the middle of it. We are at the most difficult place, in terms of the health care continuum. And preserving health care in Randolph County is

paramount. If we don't take some bold steps to preserve our future, then it won't be here."

Angie is more than just a capable, enthusiastic leader for Randolph Health. With 34 years in the health care industry, including her work as a site administrator for Wesley Long Hospital in Greensboro, Angie knows the importance of local health care in a community. Before coming to Randolph Health, she worked in the home care industry as a Chief Development Officer. She is a Fellow in the American College of Healthcare Executives and is currently serving on the Board of the Randolph County United Way. As the daughter of a Greensboro City police officer and Guilford County Schools employee, Angie was taught early that a fulfilling life was one spent serving others.

"I grew up, right here, in a service-related family," Angie said. "I loved the Triad so much that I didn't want to go far from home. When it was time for school, I chose UNC-Greensboro and later Wake Forest for my MBA. My husband, Keith, worked for UPS in Greensboro and drove a brown truck for 30 years, until he retired.

"We have two children; our son, Matthew, was known throughout the Greensboro-Triad area as one of the better baseball players from this area and was a State All-Conference player. He played baseball for 18 years and

was a four year college athlete. He will graduate from Limestone College in December 2018."

"Our daughter, Kaley, is working in the home health industry as a Patient Account Representative. Kaley received her Associate's degree from GTCC and is working on her Bachelor's degree at UNC-Greensboro. I have a brother, who lives in Siler City, and some family who were from this area. In fact, my grandmother's brother, who owned his own business in Asheboro, was Herman Bolton."

Angie may have grown up in Greensboro, but she is glad she and her family made the move to Randolph County and Asheboro when she came to work for Randolph Health.

"I moved here because I wanted to show commitment to this system (Randolph Health)," Angie said. "Being here, supporting this community has been important to me and my family. What keeps me here is the genuine, authentic, caring community and the authenticity of the people who live here. Their desire is to have a better place to live and for their neighbors to have a good life. There's so much philanthropy here, so much giving and there's a feel to the community that you just don't have in the larger towns."

When Keith and Angie moved to Asheboro, finding a church home was a priority for them. Fortunately, Asheboro native and Randolph Health advocate

Bill Redding was on the scene.

"We loved our church in High Point, Covenant United Methodist," Angie said. "It was founded by (former Randolph Health employee) Joy Key and her husband Mark. They invited us to join and we were members of that church for 22 years – our children grew up there. So when we moved to Asheboro, finding a church home was important. Bill Redding invited us to First United Methodist and we decided to join after our first visit."

"I'm currently serving on the Asbury Endowment Committee at First United Methodist. Keith has become involved with Habitat for Humanity and has worked with Sam Rankin building two houses, so far. He's already been named a Habitat Hero."

Although oversight of a company that employs the second largest number of people in Randolph County often means days start early and can end very late, Angie makes time for fitness every day.



Angie Orth and daughter, Kaley, participate in Randolph Health Cancer Center's Pink A Boo 5K race, to raise money for the Randolph Health Mammogram fund.

"I'm a runner – running is a big part of my life," Angie stated. "I get up at 5 – 5:15 am. I try to run early in the morning in Asheboro. I'm usually running all around town. Right now, I'm training to run in the Chicago marathon in October with my cousin Kurt Gurley, a police officer in Chapel Hill, so I'm running a lot. I'll run four to five miles in the morning, usually four days a week. On the off days, I'll cross-train and try to get in some weight lifting."

"It's an important part of what I do and it helps me stay grounded, especially with my work schedule. It's not very practical to have this kind of schedule and not have some kind of outlet. So I use it for mental preparation as much as fitness. Training for a marathon requires that you run really long miles leading up to it and that is as much about training your mind to think about the task as much as it is the actual task. I try, in my mind, to think 'can I really run that far?' I'm in the third month of a four month training program, so I'll be ready."

"That's another wonderful part of Asheboro, the running community here. I've trained with the Run for God Bible study program and have even spoken at one of their group meetings. The camaraderie in this community is second to none."

One thing people may be surprised to learn about Angie and her husband, Keith, is what huge Disney fans they are and how often they visit the Magic Kingdom.

"My husband and I are season pass holders to Walt Disney World," Angie said with a laugh. "We plan Disney trips pretty regularly – usually every four to six months. It is really the only place we vacation. We fly, we drive, we take people with us . . . we love to explore Disney with other people who have not been before. We just go down there and spend the entire time completely immersed in all the rides and all the lights and all the shows."

But what is it about the Disney experience that Angie and Keith enjoy so much?

"What I love about Disney, beyond the immersion in another world, is the whole mindset of Disney," Angie said. "Walt Disney was about innovation and creativity and doing things that people don't think are possible. So I'm constantly in the parks looking and observing the way they're doing things. And I want to bring those things back with me. So when I'm down there, I see something Walt Disney said and I'll take a picture of it and send it to someone here or I'll have it on my phone for a future meeting. I really enjoy learning

about their business strategy. I think their customer service is absolutely outstanding. If we could replicate that in the world, it would be a much happier place."



Angie Orth with her children, Matt and Kaley, in the happiest place on earth – Disney World!

Angie knows hidden gems about Disney World, but she also knows that Randolph Health has a best kept secret of its own.

"What is Randolph Health's best kept secret?" Angie asked. "Randolph Health is a recognized leader in high quality, low cost health care and we are right here in Randolph County. We may not have the most modern campus, but once you get inside, the care is outstanding and the cost is low."

As Angie and her team work to improve Randolph Health's financial picture and find an integration partner for the system, what is Angie's view of the future?

"I have three main critical success factors for Randolph Health," Angie said, "One is to improve our financial situation. Two, to secure an integration partner and that's time-bound. I must do that within the first 12 months of my tenure. Three, to preserve high quality, low cost health care in this area for years to come."

"I'm committed to preserving local health care and to leading this system to stability. I am proud to be an ambassador for this system and I believe in the future of health care in Randolph County."



RANDOLPH HEALTH BRINGS BACK CURB SIDE PARKING

By April Thornton,
Sr. Director of Public Relations & Development

It's back! Curbside parking, better known as valet parking, is available on the Randolph Health campus. Randolph Health launched valet parking in 2008 and unfortunately in 2013 the service was eliminated.

So, you might be asking why are we bringing it back now? Patient first is one of our core values and bringing this service allows us to expand our reach in creating a safe environment that will ensure exceptional patient experiences. Another question you might have is how will this service be funded? The Randolph Health Community Foundation has agreed to fund this service.

The valet service is located at the Outpatient Center entrance and will park cars free-of-charge Monday thru Friday from 6 a.m. – 4 p.m. The primary audience for this service includes: patients for imaging, special procedures, surgery, rehabilitation and lab as well as for any family members.

“Our Outpatient facility can be a challenge to navigate, especially with the layout of the parking lot. The parking lot stretches across a steep hill in which most cars are parked at the bottom of the hill and this requires patients and

family members to take a steep staircase or walk up a steep incline to reach our doors,” said Gary Abode, Director of Diagnostic Imaging. “And on most days, the limited number of handicap parking on top of the hill right outside the doors is full, requiring handicap vehicles to park at the bottom of the hill and navigate the steep incline.”

For many of our patients, the parking situation is a burden and as a result, not only has it led to dissatisfaction and poor experiences, but in some cases it has resulted in harm with patients and/or visitors incurring minor injuries upon trying to reach our front door.

“This is not putting our patients first. We need to ensure that our campus is safe and is easy for our patients to access,” said Abode. “The valet provides patients and their families with an easy-to-use, safe alternative for accessing our building.”

In case you're not familiar with how a valet service operates, visitors drive up to the main Outpatient Center door where a valet attendant will be on hand to greet them, providing a warm welcoming environment. The attendant then takes the keys and drives

the vehicle to a designated area on the lower part of the parking lot at the Outpatient Center. When the patient and/or family member is ready to leave our facility, they would walk to the valet parking station at the front door of the Outpatient Center and the attendant will go retrieve the car, providing a problem-free goodbye as the patient safely drives away.

“This service can create a positive patient experience. Think about it. No more hassle with having to find a parking place. No need to walk up a steep incline in poor weather conditions. Our patients and their families will have a safe and easy-to-use service giving them front door access to our facility,” said Abode. “Our valet service is the first and last impression our patients will have of us. Let's ensure we are putting our patients first in everything we do – even accessing our campus!”

New Improved Patient Billing Experience

By April Thornton,
Sr. Director of Public Relations & Development

We've got some exciting news to share! After much research and listening to our patients, we've selected a new partner, PatientCo, to help us create a better billing process – one that will bring our patients a more positive and simplified financial experience leading to improved overall patient experience.

"This new partnership will enable us to facilitate an easier payment experience for patients, simplify internal patient billing and payment process and optimize financial performance,"



So, what improvements can our patients expect?

- **Flexible payment options:** By giving patients the choice over when and how to pay - in cash, check or credit card via phone, mail or online - staff can reduce financial anxiety and make patients feel more engaged and confident in the quality of care.
- **Easy-to-understand billing statements:** Statements designed based on market research of patients' reception to a medical bill, leverage elements such as icons, clear layout, simplified language and color psychology to ensure that patients have a clear understanding of their responsibility.
- **Secure patient engagement tools:** Access to a Health Insurance Portability and Accountability Act (HIPAA) compliant portal enables patients to easily manage, pay and securely communicate with us about healthcare costs, resolve issues, provide additional insurance information and set up payment plans.

Our patients will have a variety of convenient payment options – with the newest options, the PatientWallet, which allows patients to create their own online wallet to view, manage and pay bills, along with an opportunity to message our patient financial team safely and securely regarding any questions and or concerns," said Thompson.

While these are all much needed improvements, the easy-to-understand billing statements are vastly improved and are noticeably different. In general, it's no secret that health care billing statements are hard to understand, even for those of us who work in the industry. Our new billing statements, with large, colored icons, make it easy to follow and identify areas of importance.

This summer, we went "live" with our new vendor, PatientCo. While the new "on-line bill pay" platform is available on our website www.randolphhealth.org, we are also able to support our old billing platform for outstanding bills. Through a variety of visual cues our patients will be able to easily identify which on-line billing platform to use based on their bill. Again, we've created a user-friendly website to easily adapt to the needs of our patients, while helping to support the improvements in our billing statements. These changes and additions are another opportunity for us to create exceptional patient experiences.

New Statement

Randolph Health
PO BOX 65292, DALLAS, TX 75265-0292
RETURN SERVICE REQUESTED

Statement Date: 03/27/2018

JOHN SMITH
123 MAIN STREET
APT 3
NOWHERE GA 12345-6789

Summary at a Glance

SERVICES & CHARGES \$21,790.93	PAYMENTS & CONTRACTUAL ADJUSTMENTS \$0.00
-----------------------------------	--

Detailed billing information continues on reverse.

Patient Information

Patient Name	John Smith
Account Number	abc123
Service Date	04/12/2018

Statement reflects transactions posted through 03/27/2018

For questions, concerns or payment arrangements, please call 888-349-6154
Monday - Friday 8:30am - 5:00pm
An itemized statement is available upon your request.

Pay Online For Free

PATIENTCO
Patient Payment

To Pay Online, go to www.GoPatientco.com
Then Enter this SecureHealthCode (PCO-PCO-PCD)

To Pay by Phone, Call 888-349-6154
Use the SecureHealthCode (123-456-789)

DUE UPON RECEIPT
\$21,790.93

PATIENTCO Accepts
VISA M.C.

A Message From Randolph Health

Randolph Health

Randolph Health is excited to announce our new partnership with PatientCo to simplify your billing experience!

As part of this change we are introducing:
new statements
an improved online experience
and a 24/7 payment by phone option

We look forward to continuing to offer you an excellent healthcare experience.

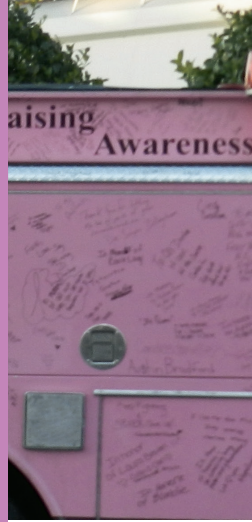
Healthcare insurance if provided was filed as a courtesy. Payment in full is preferred, however, if you cannot pay in full, we offer monthly payment plans based on the balance. Thank you for choosing Randolph Health!

Name John Smith
Account Number abc123

BALANCE DUE \$21,790.93
Payment Included \$

If paying by check, make payable to:
Randolph Health Hospital
PO BOX 65292
DALLAS TX 75265-0292

0735218933940084 0021709730



Pink A Boo is Back and Better than Ever!

By Linda Schumacher, Grants Coordinator

Get your walking shoes out and find your best pink shirt. Don't have one? No problem! As a Pink A Boo participant, you'll get a pink t-shirt to wear proudly!

What are we talking about? It's the fourth annual Pink A Boo 5K run/walk, on Saturday, October 27th at Bicentennial Park in Asheboro. The event is hosted by the Randolph Health Cancer Center and will begin at 8:30 am. All proceeds from this event go to the Randolph Health Mammogram Fund and are used to provide mammograms to uninsured and underinsured women in Randolph County.

"Even with the Affordable Care Act, there are many women in Randolph County who don't have insurance or the money to pay for a mammogram," said Sherry Tate, Randolph Health Cancer Outreach/Navigator. "Getting this important test can mean making an early cancer diagnosis and treating the disease at a more manageable stage."

It's easy to get involved, and you don't have to be a runner to participate! Sign up – either on your own or with your team – when you visit www.RandolphHealth.org and click on the Pink A Boo logo. And don't worry if you wait until the morning of the event to decide to walk. You can register at the event, beginning at 7:30 am and be at the starting line, dressed in pink and ready to go!



5k Walk/Run Saturday, October 27th

7:30 a.m. Registration
8:30 a.m. Start
Bicentennial Park
135 Sunset Ave.
Asheboro, NC

Entry Fees Before October 8th (t-shirt size guaranteed)

5k Run - \$25
5k Walk - \$25

Entry Fees After October 8th (t-shirt size not guaranteed)

5k Run - \$30
5k Walk - \$30

Register on line: www.randolphhealth.org
click on the Pink a Boo Button

RANDOLPH HEALTH WELCOMES FOUR NEW PHYSICIANS



DR. HOPE STATON

Randolph Health Pediatrics
713 S. Fayetteville Street
Asheboro, NC 27203
336.625.2467

Medical School:

Edward Via Virginia College of
Osteopathic Medicine in Blacksburg, VA

Residency:

Wake Forest University Baptist
Medical Center in Winston-Salem, NC

DR. JAMES MORGAN

Central Carolina Surgery
132-C W. Miller Street
Asheboro, NC 27203
336.626.3203

Medical School:

Marshall University School of
Medicine in Huntington, WV

Residency:

Allegheny General Hospital in
Pittsburgh, PA



DR. ELIZABETH MUMAW

Randolph Health Family Practice
504 N. Greensboro Street
Liberty, NC 27298
336.622.4850

Medical School:

Michigan State University in
East Lansing, MI

Residency:

St. John Providence Health System
in Detroit, MI

DR. DOUGLAS VILLARD

Asheboro Emergency Physicians
364 White Oak Street
Asheboro, NC 27203
336.625.5151

Medical School:

Georgetown University School of
Medicine in Washington, D.C.

Residency:

Brooke Army Medical Center in
San Antonio, TX



Riding Motorcycles to Save Lives

by Linda Schumacher, Grants Coordinator

How can riding a motorcycle help uninsured and underinsured women receive a mammogram?

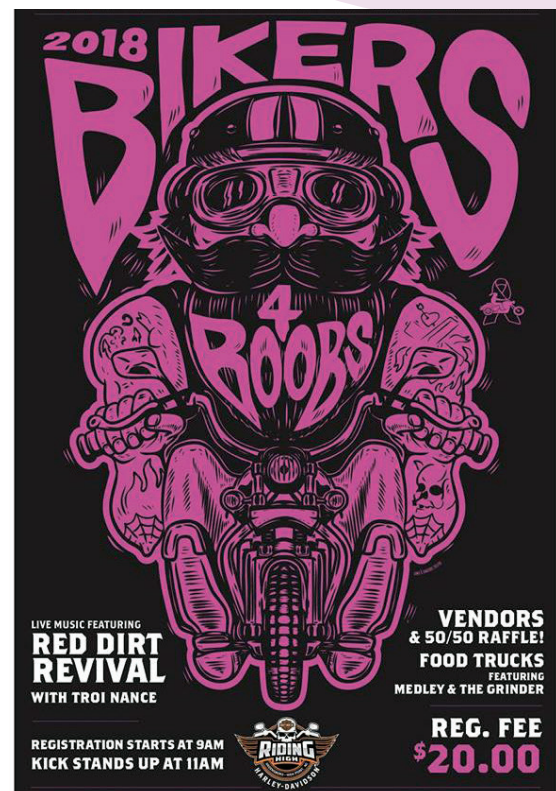
At Randolph Health, thanks to the Mammogram Fund and the grassroots fundraisers Bikers 4 Boobs and Motorcycles for Mammograms, things like that happen every day!

Beginning in 2010 with the first Bikers 4 Boobs ride, which was developed by Fay Morgan and Joy Hicks, this locally sponsored event raised \$12,000 for the Randolph Health Mammogram Fund in its first year. From 2011 – 2015, Bikers 4 Boobs brought in an additional \$94,000, which made it possible for 828 uninsured or underinsured women to receive mammograms.

In 2016, Fay and Joy saw there was room for two motorcycle events, so Motorcycles for Mammograms was born. In the two years that both events have been going, \$45,000 has been raised for the Mammogram Fund, which means an additional 398 uninsured women have received mammograms.

For 2018, Bikers 4 Boobs took place on Saturday, August 11, 2018 at the new Riding High Harley Davidson dealership in High Point. Over 150 riders took part in the event and, although the final tally hasn't yet been determined, it appears that this was another successful event for the Mammogram Fund.

Motorcycles for Mammograms took place on Saturday, September 8, 2018 at Cox's Harley Davidson in Asheboro. The event, which included Angie Ward from Country 104.1, bands, grilled-to-order food and nearly 100 riders, raised over \$9,000 for the Randolph Health Mammogram Fund.



We've got an App for that!

By April Thornton, Sr. Dir. of Public Relations & Development

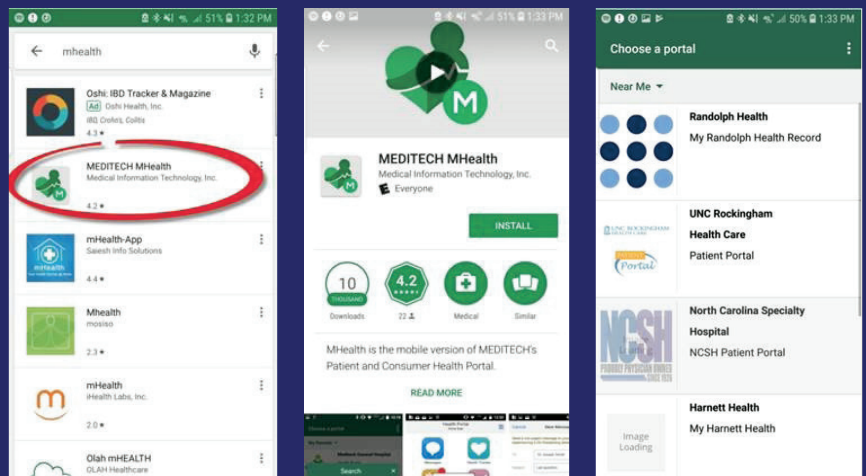
Randolph Health has an app – an actual app! Well, maybe Randolph Health doesn't have an app, but our patient portal can now be accessed through an app on your phone. Want to see a test result or view upcoming hospital appointments? There's an app that can help you do that and more. With the convenience of the app, you choose when and where you want to access your information, and it's available at the touch of a button. Through the app, you can access the following information:

- Health information—visit history and health summary
- Allergies and medications
- Appointments—view upcoming hospital appointments
- Lab results
- Imaging results

Now, the big question – how can you get the app?
It's easy. Following these quick steps:

For iPhones:

1. Go to the **App Store**
2. Search for the **MHealth App**
3. Click on App **MEDITECH MHealth** and click on install
4. Download app
5. Once app is downloaded click app
6. It will ask you to choose a portal
7. Click on **Randolph Health**



For Android Phones:

1. Go to the **Play Store**
2. Search for the **MHealth App**
3. Click on App **MEDITECH MHealth** and click on install
4. Download app
5. Once app is downloaded click app
6. It will ask you to choose a portal
7. Click on **Randolph Health**

There are apps for almost anything you can imagine and now you can stay an active participant in your health by having your health information available at the push of a button on your phone. Embrace this new technology! Your health will thank you.

Health Link is published quarterly as a community service for the friends and patrons of Randolph Health. For more information about this publication, call (336) 629-8885 or write to 364 White Oak St. PO. Box 1048, Asheboro, NC 27203

Glenn (Mac) Pugh,
Chairman, Board of Directors

Cris Richardson, MD
Chief of Staff

Angela Orth
CEO

April Thornton
Sr. Director of Public Relations & Development

Contributing Writers:
Karen Pfohl,
RD, LDN

Hope Staton, MD

Linda Schumacher,
Grants Coordinator

Fall 2018 Memorials

In memory of Kensley Hope Byrd
In memory of Peggy Slack
In memory of Epsie G. Needham
In memory of Teresa Kilbourne
In memory of Inez Burcham
In memory of Inez Burcham
In memory of Hilton Cox
In memory of Beverly Kilbourne
In memory of Brack Martin
In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner

In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner
In memory of Sue Brewer Joyner
In memory of G. Douglas Aitken
In memory of G. Douglas Aitken

Fall 2018 Honorariums

In honor of Dr. Ryan Snyder
In honor of Steve Eblin

by: Randolph Health
by: Doris H. Osborne
by: Randolph Health
by: Randolph Health
by: Randolph Health
by: Randolph Health Volunteers
by: Randolph Health
by: Randolph Health
by: Randolph Health
by: Jeanne R. Patterson
by: Betsy Hughes
by: Mr. and Mrs. Joseph C. Bossong
by: Lillian Jordan
by: James Edwards/Edwards Metal Shop
by: Charles J. Bossong
by: Bill and Ann Hoover
by: A. Doyle Early, Jr.
by: Emily and John Craddock
by: Ann and Mac Pugh
by: Leslie Huntley
by: Dr. Kyle A. Young
by: Mr. and Mrs. W. H. Redding, Jr., Mrs. Cammie Duncan and Mrs. Anna Gilbert
by: Cooper and April Thornton
by: Laura and James Bland
by: Les and Marilyn Fowler
by: Cooper and April Thornton
by: Bill and Ann Hoover

by: Charles F. Owen III
by: Bill and Ann Hoover



@RandolphHealth
Ask us questions



Youtube/RandolphHealth
Subscribe to our channel



Facebook/RandolphHealth
"Like" us



+Randolph Health
Google.com/+RandolphHealthOrgCares

Your privacy matters to us. To remove from our Health Link mailing list, cut out your mailing label and send it to Public Relations at the address above.

Main (336) 625-5151 • Health Education/Registration (336) 633-7788 • Patient Room Information (336) 625-5151

Home Health (336) 629-8896 or 800-428-8896 • Human Resources (336) 629-8857

Public Relations (336) 629-8885 • Randolph Health Community Foundation (336) 633-7755

Volunteers (336) 629-8886