

WATCH THOSE FOOD LABELS!

GOLF CLASSIC SUCCESS

RACE AND RIDE FOR THE CURE

# HEALTHLINK

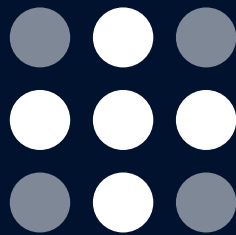
HEALTH AND WELLNESS OF RANDOLPH HEALTH

WINTER 2017

## The new face of Randolph Hospital!

Look into how and why we have rebranded.

pg. 7



Randolph  
Health

See all of this year's  
Vintage en Vogue models!

High Fashion, Beautiful People.

pg. 3



# SEPARATING THE DRAMA FROM THE FACTS:

*Finding Accurate  
Nutrition Information*

By Linda Barker, RD  
Registered Dietitian at Randolph Health



**E**ach January, many of us make resolutions related to losing weight and eating in a healthier manner. To help us with these resolutions, we seek out nutrition information. This information is coming most often from sources such as websites, television, radio, newspapers, advertisements, friends and family. This creates many opportunities for nutrition misinformation and health fraud.

Health fraud is a misrepresentation of health claims and can range from a self-proclaimed medical expert who is touting a “miracle cure” to a food supplement or drug that is promoted with unsubstantiated health claims.

Accurate nutrition information is science based, peer reviewed, and can be replicated. Nutrition misinformation is not supported by science and may be misleading and incomplete. It can be very challenging for consumers to identify reputable versus fraudulent nutrition information and claims.

**ORGANIC**

**The following Tip-offs to Rip-offs can give you a heads up to misleading information:**

- 1- Recommendations that promise a quick fix without much effort on your part.
- 2- Dire warning of danger from a single product or regimen.
- 3- Claims that sound too good to be true.
- 4- Simplistic conclusions drawn from a complex study.
- 5- Recommendations based on a single study.
- 6- Dramatic statements that are refuted by reputable scientific organizations.

7- Lists of “good” or “bad” foods.

8- Non-science based personal testimonials supporting the product, often from celebrities or highly satisfied customers. These may sound good, but are difficult to prove.

9- Use of the term “natural”, often used in health fraud as an attention grabber.

10- Use of meaningless medical jargon.

**For more information on spotting false claims, see the FDA website at [www.fda.gov/ForConsumers/ProtectYourself/HealthFraud](http://www.fda.gov/ForConsumers/ProtectYourself/HealthFraud)**



## How to recognize reliable nutrition information from media sources:

Internet- Websites should be from credible web addresses ending in .edu (an education institution), .gov (government agency) or .org (non-profit). Web sites that end in .com or .net should be viewed with caution.

Books, newspapers and magazines- Look at the author’s qualifications. He or she should be educated in the field of nutrition/dietetics, and preferably hold a degree from an accredited university (RD or RDN, LD, or MD).

For all media sources: Make sure the information is referenced with cited sources. Seek out multiple perspectives regarding nutrition advice and ensure that the information is current and informing, **not attempting to advertise or sell a product.**

## As you begin looking for reliable nutrition sources, try the following websites:

- 1- Academy of Nutrition and Dietetics ([www.eatright.org](http://www.eatright.org))
- 2- American Diabetes Association ([www.diabetes.org](http://www.diabetes.org))
- 3- The Mayo Clinic ([www.mayoclinic.org](http://www.mayoclinic.org))
- 4- Office of Dietary Supplements ([www.ODS.org](http://www.ODS.org))
- 5- MyPlate.gov ([www.choosemyplate.gov](http://www.choosemyplate.gov))
- 6- Medline Plus ([www.NIH.org](http://www.NIH.org))
- 7- Nutrition .gov ([www.nutrition.gov](http://www.nutrition.gov)).
- 8- Weight Control Information Network ([www.niddk.nih.gov](http://www.niddk.nih.gov)).

These websites provide credible nutrition information. They will also provide links to other reliable web sites as well. As you look for sources of accurate information, just ask yourself the question-does it sound too good to be true? If the answer is yes, then the source is probably not credible.



# High Fashion, Beautiful People.

By: Linda Schumacher  
Grants Coordinator

Super model Heidi Klum likes to say “In fashion, one day you’re in, and the next day, you’re out.” Well, here in Randolph County, we’re happy to say that Vintage en Vogue has been “in” since 2013.

Can you believe it’s already been five years since the first intrepid Vintage en Vogue models made their debut walks down the runway? That’s right, Vintage en Vogue 2017 will be the fifth year the Randolph Health Community Foundation has featured the beautiful people of Randolph County in its fashion show fundraiser. This high-energy event showcases fashionable clothing, found in area thrift stores and consignment shops, with avant-garde accessories and cutting edge hair designs.

“The support we’ve had from this community for Vintage en Vogue has been incredible,” noted April Thornton, President of the Randolph Health Community Foundation. “Once again, Klaussner Home Furnishings has allowed us to use their space for the show, which will take place Thursday, February 2, 2017 from 6-8 p.m.”

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, are \$65.

“In celebration of our fifth anniversary, we thought we’d shake things up a bit,” said Fran Knapp, Chairman of the Vintage en Vogue



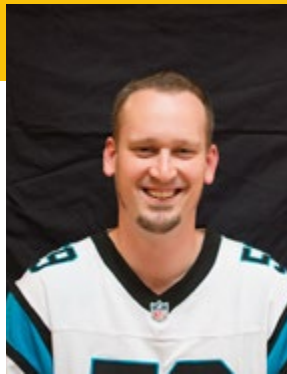
Zach Ausband



Zac Beans



James Burroughs



Michael Durham



Kara Elmore



Marlo Francis



Lucy Grady



Karie King



Cindy Leonard

Committee. “For the past four years, our models have worn three looks down the runway – day wear, evening wear and resort wear. This year, their three looks will be day wear, active wear and masquerade ball. We’re excited to see how the models and stylists interpret these looks!”

One of this year’s 22 models is Dare Spicer, Executive Director of the Randolph County Family Crisis Center. “I was surprised, to say the least, when I was asked to be a model,” said Spicer. “I have always thought of this event as something celebrities of our community participated in, and I am certainly not a community celebrity. I am honored to be a part of such an event that raises

money for wonderful organizations in our community.”

Spicer has seen the impact of the money raised by the Foundation through her work with Randolph County Family Crisis Center. “The Randolph Health Community Foundation has provided assistance to the Family Crisis Center in the past, through grants that supplied appliances for our kitchen renovation and assistance with our curriculum to address nutritional needs for our clients. Both of these will impact the 1,000+ clients we serve for years to come.”



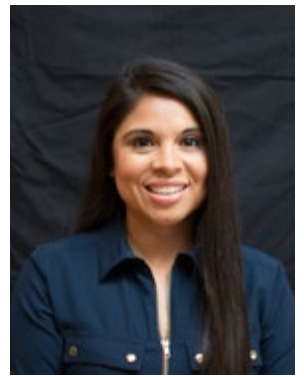
Tyler Lisk



Jake Millikan



Barry Morris



Yajaira Owens



Marcelo Pariz



John Revell



Eric Rich



Lisa Ritch



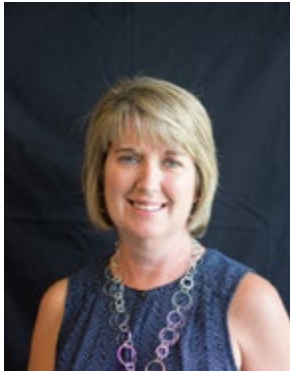
Brian Saunders



David Smith



Dare Spicer



Patty Sullivan

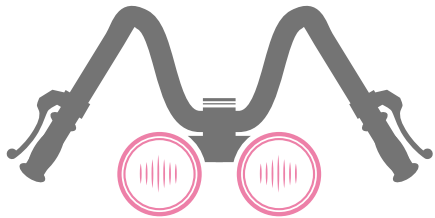


Vanessa Young

# VINTAGE *en* VOGUE

To purchase Vintage en Vogue 2017 tickets or to learn more about the Randolph Health Community Foundation, please visit [www.RandolphHealth.org](http://www.RandolphHealth.org) or contact Linda Schumacher at 336-633-7755.

# Motorcycles for Mammograms Ride Benefits Randolph Health



## MOTORCYCLES *for* MAMMOGRAMS

Helping Save Lives One Ride At A Time!

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 300 riders came out to participate in the inaugural 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 \$20,000 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 donations have helped to create a healthier community. Thank you!

## Sponsorships

### Olympic

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

### Gold

Carolina Pharmacy  
Central Gas & Appliance  
Premier Service Heating & Cooling

### Silver

Cortney's Cookies  
Purdy Fair Benefits  
Sharrard McGee  
Stickler Woodworking  
Uwharrie Builders  
Chick-Fil-A

### Bronze

Asheboro HOG Chapter  
Asheboro Machine Shop  
Four Saints Brewing Company  
Griffith Electric  
Lizzy Lynn's Salon  
Midstate Toyota  
Mike and Tammie Walker  
Nita's Boutique  
Praetorian Saints MC  
Walker Eye Care  
Wayne Thomas Chevrolet - Cadillac

### Business Partners

AAA Portable Toilets  
Asheboro Magazine  
Beane Signs  
Common Grace Band  
Di'lishi Frozen Yogart Bar  
Ink' N Stitches  
Kickback Jack's  
North Ridge Church  
Omega Productions  
Pinewood Country Club  
Reddy Ice  
Southbound 49  
The Flying Pig  
Tot Hill Farm Golf Club  
Walden Sound and Equipment  
7 Lakes Custom Cornhole  
WTQR and Angie Ward



**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?

The truth is . . . it was a beautiful, warm and sunny October 29th morning in which almost 300 participants came together for a common cause, breast cancer. And the best way to defeat breast cancer is to ensure that all women can receive the necessary screenings needed to detect breast cancer at its earliest stage.

With 112 runners hitting the pavement first, followed by 169 dedicated walkers, the 2nd 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 \$17k raised at this event to pay for a screening mammogram.

We want to thank all of our sponsors who made this event possible and through their donations have helped to create a healthier community. Thank you!

### PLATINUM SPONSOR

Picky Bars | Randolph Health Cancer Center  
The Courier-Tribune

### GOLD SPONSOR

AEC Narrow Fabrics | Carolina Drug – Archdale, NC  
Leadership Randolph | Myriad Genetics | Team Lolly  
Timken

### SILVER SPONSOR

Asheboro Dermatology & Skin Surgery Center  
Asheboro Fire & Security | Four Saints Brewing Company  
Baxter and Gwen Hammer  
Insurance Associates of the Triad  
IT at Randolph Hospital | Dr. DeQuincy Lewis  
Christine McCarty, MD & Dick Tracy, RN  
MidState Cremation Service, LLC | NOVA Eye Care  
Piedmont Radiation Oncologists, PA | Dr. James Palermo  
Quality Management at Randolph Hospital  
Randleman Enrichment Center | Seagrove Glass  
Second to Nature | Stickler Woodworking, Inc.  
Summit Family Medicine Laser & Cosmetic Center

### BRONZE SPONSOR

AVS Catering & Banquet Centre | Bank of North Carolina  
Betsy Browne Pottery | Brady Signs  
The Breast Center at Randolph Hospital  
Burge Flower Shop, Inc. | Sanford M. Cates, DDS  
Gene & Elizabeth Cox | Food Lion  
Greensboro Radiology | Gold Hill Mulch  
W. Kelly Harris, DDS | Karie's Kloset  
Kenny Seabolt Home Improvement  
KG Computer Solutions | In Honor of Jane T. Lisk  
Lorene Walker Real Estate | Pointe South Animal Hospital  
Randolph/Asheboro YMCA  
Re/Max Central Realty – Vickie Gallimore  
Road ID | Samaritan Maids  
Seagrove United Methodist Church  
Southern Fancy – In Memory of Barbara McMillion  
& Marjorie Adams | Sports Attic/Huddle House  
Trophy Shop/Grimes | Village Printing  
Jonathan & Cassandra Waller | Barbara Wolfe



**Dr. Steven Campbell**  
Randolph Health Internal Medicine

Community  
Connected  
Care

Randolph  
Health

care we provide aligns with the highest national standards and that we are doing our part to make healthcare affordable. As a result of these efforts, Randolph Hospital has been recognized nationally for being a leader in health care best practices. We have been specifically recognized for improving patient outcomes, enhancing patient safety and decreasing the average cost of care.

So, yes, Randolph Hospital has changed and continues to change in positive ways that are benefitting the people we serve. That change has led us to re-examine our “brand” and determine if it truly reflects the changes and experiences that are happening throughout our system.

It is with great excitement that we are happy to announce a new name, Randolph Health, and a new identity, which better reflects our comprehensive way of bringing together all of our services, specialties, and resources. Much

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

**T**here's an energy throughout the Randolph Hospital system. It's an energy that's been growing over the past couple of years – a positive energy and feeling of excitement that is leading Randolph Hospital into the future. Recently, we have been taking a closer look at who we are and the processes and interactions that define us and our ability to create exceptional experiences every day throughout our entire system, whether it's the hospital, one of our physician offices or any of our off campus clinics.

Over the years, the health industry has undergone many changes. Medical advancements in drug therapy, non-invasive technology, enhanced imaging and laboratory testing and the emergence of new types of providers have continually evolved. As the industry has changed, so too has Randolph Hospital.

Randolph Hospital has been expanding its network of primary care and specialty physicians across this community. It provides comprehensive cancer care services, including the area's top specialists, the latest technology and access to clinical trials. Through advanced imaging technology, including a 64-slice CT scanner, an MRI with silent technology to reduce anxiety and the latest in digital mammography, Randolph Hospital continues to bring cutting-edge technologies to this community.

And it's not just our services and technology that have changed. We have worked diligently to make sure that the

## Capability

Comprehensive services  
Advanced capabilities  
Wellness and preventive care

**“The care I need”**



## Connection

Personalized, attentive care  
Accommodating environment  
Connected to our community

**“The caring I want”**



more than a hospital, Randolph Health is a broad promise of exceptional healthcare that is woven into all the communities we serve. From maternity care to geriatric care and just about every specialty in between, our medical professionals are expertly qualified to ensure that every patient has a positive experience while in our care.

Randolph Health is where world-class medicine stays true to hometown values. For our patients, we are more than skilled doctors, nurses, medical technicians and administrators. We're neighbors, friends and family.

This is how Community Connected Care is uniquely positioned to deliver exceptional patient experiences. It's much more than a friendly promise of compassion – it's about being invested in a place and all the people who live here. Every patient of Randolph Health is an opportunity for us to prove how much we value his or her individual needs, expectations and health goals.

Randolph Health is connecting a full spectrum of healthcare providers and premier technologies in order to make it convenient for people to access health and wellness services. Our system is comprehensive and coordinated – designed to make things as simple and understandable as possible – so that patients can receive quality care across specialties and at different locations without confusion or delay. That's why we're here.

But most importantly, wherever patients happened to be in our system, our connection to them is always based on respect and maintained through clear communication. That's why we work as a team on behalf of all our patients and their families.

While our name and logo have changed, our commitment to this community is stronger than ever. This is where we live. This is Community Connected Care and we are proud to be Randolph Health.



## Community Connected

- We know what our community needs
- Our community sees us as an integral member
- We listen to patient needs and provide personal, attentive care



## Connected Care

- We are part of a large network of care providers
- We provide patients access to the best physicians, equipment and facilities in the area



## Community Connected Care

# Forecast for Golf Classic: Success



**H**urricane Matthew was sending rain bands our way, but that didn't dampen the enthusiasm and fun of the day as the Randolph Health Community Foundation hosted its annual Golf Classic on Friday, October 7, 2016. Twenty-two teams of intrepid golfers braved the cloudy day and forecasts calling for an inch of rain that afternoon, but they all proved the forecasters wrong. It turned out to be a great day for golf.

"We couldn't have asked for a better turn out," noted April Thornton, President of the Randolph Health Community Foundation. "Our vendors, who are the primary supporters of this fundraising event, came out to support the Foundation and the rain held off all day. Thanks to their support, we had another record-setting year."

This year, the Golf Classic raised over \$45,000, which will go right back into our community in the form of health and wellness grants to non-profit organizations. Since 1997, the Randolph Health Community Foundation has awarded over \$940,000 in grants, including \$98,000 in 2016. The slate of 2017 grants will be announced at the January 24, 2017 meeting of the Joyner Society.

## The Randolph Health Community Foundation thanks our 2016 Golf Sponsors:

### Ace Sponsors:

Brackett Flagship Properties | FreemanWhite

### Eagle Sponsors:

Aramark | Cone Health | Dimensional Insight  
Greensboro Radiology | LabCorp | Sirius Company  
Wells Fargo

### Birdie Sponsors:

Accelerated Claims, Inc. | Bank of America | BB&T  
Beane Signs | CommunityOne Bank, N.A.  
Dean's Office Machines | Arthur J. Gallagher  
Healthcare Receivables Group  
Martin & Company Investment Counsel  
Maple Springs Laundry | Med A/Rx  
Nelson Mullins Riley & Scarborough LLP  
North State Security | Owens & Minor | Palmetto Health  
Pinnacle Healthcare Advisors

### Donations by:

Advanced Patient Advocacy | ID Collaborative  
Paragon Revenue Group | Receivable Solutions  
Simione Healthcare Consultants





First United Methodist Church  
Community Garden, Asheboro  
Funded by the Randolph Health Community Foundation

## Maternity Education Classes

### **Breastfeeding Class**

This class is held certain months throughout the year including: January, February, April, June, August, 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](http://www.randolphhealth.org).

### **Maternity Suites Tours**

**This tour is held the third Tuesday of each 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](http://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 info and to register, visit us online at [www.randolphhealth.org](http://www.randolphhealth.org).

## Wellness Events

### **QuitSmart Tobacco Cessation Program**

*Tuesday, Jan. 3 - Tuesday, Jan. 17 - Thursday, Jan. 19*  
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 addition 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.



Randolph Health  
346 White Oak Street  
Asheboro, NC 27203

NON PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
WINSTON-SALEM NC  
PERMIT #319

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

**Thomas W. Green, MD**  
Chief of Staff

**Steve Eblin**  
CEO

**April Thornton**  
Sr. Director of Public Relations & Development

**Ben Peddycord**  
Public Relations Graphic Designer

**Contributing Writers:**

**Linda Barker, RD**

**Linda Schumacher,**  
Grants Coordinator

**Winter 2017 Memorial Donations**

|              |                             |    |  |
|--------------|-----------------------------|----|--|
| In memory of | Montae Hayes                | by | Randolph Health                        |
| In memory of | Pearlie Miller              | by | Doris Osborne                          |
| In memory of | Charles Walker McCrary, Jr. | by | Acme McCrary & Sapona Foundation, Inc. |
| In memory of | George Boger                | by | Randolph Health Volunteers             |
| In memory of | Rose Weiss Glenn            | by | Randolph Health Volunteers             |
| In memory of | Charles Walker McCrary, Jr. | by | Martha M. Toledano                     |



@RandolphHosp  
Twitter.com/RandolphHosp  
Ask us questions



YouTube.com/RandolphHosp  
Subscribe to our channel  
"Like" our videos



Facebook.com/RandolphHosp  
Comment on our posts  
"Like" us



+Randolph Hospital  
Google.com/+RandolphHospitalOrgCares  
+1 and comment on our posts

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

Insurance Navigators (336) 633-7800 • Public Relations (336) 629-8885

Randolph Health Community Foundation (336) 633-7755 • Volunteers (336) 629-8886