The new face of Randolph Hospital!
Look into how and why we have rebranded.

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Randolph Health

See all of this year’s Vintage en Vogue models!
High Fashion, Beautiful People.
Each 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.

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

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) of .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)

2- American Diabetes Association (www.diabetes.org)

3- The Mayo Clinic (www.mayoclinic.org)

4- Office of Dietary Supplements (www.ODS.org)

5- MyPlate.gov (www.choosemyplate.gov)

6- Medline Plus (www.NIH.org)


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.
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 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.”
To purchase Vintage en Vogue 2017 tickets or to learn more about the Randolph Health Community Foundation, please visit 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 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

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WTQR and Angie Ward
It 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!

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There’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 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
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.
Hurricane 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:

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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.

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.

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.

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.

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

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