

HEALTHLINK

HEALTH AND WELLNESS OF RANDOLPH HEALTH

SUMMER 2017



H2O-It's the best way to hydrate this summer!

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Randolph Health Community Foundation tackles substance abuse

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Improved technology for local stroke patients

H2O – IT'S THE BEST WAY TO HYDRATE

By: Carleigh Simmons RD, LDN
Randolph Health Diabetes Center

There are so many things to love about summertime, especially all of the outdoor events - concerts, sports, cookouts and of course beach vacations! Although these activities are fun, we soon find ourselves roasting in the summer sun and reaching for an ice cold drink to cool down. What drink do we reach for to quench our thirst... soda? sweet tea? energy drink? juice? sports drink?

Most would say we choose our drinks based on taste, not realizing the high amount of sugar or calories they contain. However, sugary drinks dehydrate us even more! The beverage industry has loaded our favorite drinks with sugar to keep our bodies craving the sweetness and coming back for more. Even juice contains a high amount of natural sugar.

**THIS LIST SHOWS HOW MANY
TEASPOONS OF SUGAR ARE IN 12
FLUID OUNCES OF SOME OF OUR
BELOVED BEVERAGES:**

- GATORADE - 5 TEASPOONS**
- SWEET TEA - 8 TEASPOONS**
- RED BULL - 9 TEASPOONS**
- COCA-COLA - 10 TEASPOONS**
- APPLE JUICE - 10.5 TEASPOONS**
- MOUNTAIN DEW - 11.5 TEASPOONS**

Per the American Heart Association, most women should not exceed 6 teaspoons of added sugar a day and most men should limit to 9 teaspoons of added sugar a day. Increased intake of processed sugar can lead to obesity, diabetes and heart disease. Not to mention, most of these drinks have caffeine, which further dehydrates our bodies.

I'm sure you know the best beverage to choose is water. Even though it makes up 60 percent of our bodies, we stray away from this obvious choice since it has no taste. One of the best ways to make water exciting and the drink you want to use for hydration, is by adding natural fruit, vegetables or herbs for great flavor.

**TRY INFUSING YOUR WATER
OVERNIGHT WITH A FEW OF THESE
GREAT FLAVOR COMBINATIONS:**

- WATERMELON AND JALAPENO**
- APPLE SLICES AND CINNAMON STICKS**
- CUCUMBER AND MINT**
- STRAWBERRY AND BASIL**
- ORANGE SLICES AND VANILLA BEAN**
- BLACKBERRIES AND SAGE**

Sometimes even just adding lemon can be the flavor your taste buds need. Artificial sweeteners and some of the low calorie flavor packs may be acceptable in moderation, but can also lead to appetite stimulation. Fresh and natural are always the best options to improve your water!

This summer save yourself the added calories and sugar and hydrate your body with what it really needs - high quality H2O.

Rx: Fai+h

By: Dr. Brad Thomas
Randolph Health Family Practice & Wellness

When was the last time your healthcare provider asked:
What are your spiritual practices?
How often do you pray or meditate?
Are you involved in a faith community?

Do these questions matter for your health? The answer may surprise you. But before we answer this question, let us define faith and explore why healthcare providers rarely include faith and spiritual practice into your healthcare decision making.

Google's definition of faith is complete trust or confidence in someone or something or strong belief in God or in the doctrines of a religion, based on spiritual conviction rather than proof. If you are a Christian you may define faith as the reality of what we hope for; it is the evidence of things we cannot see (Hebrews 11:1, New Living Translation). Either of these definitions explains why medical providers are reluctant to include faith and spiritual practice into the healthcare discussion. Medical practices are proven through evidence. The best treatments are evidence based. Healthcare providers don't include faith and spiritual practice in your healthcare because they don't have the proof or the evidence that faith plays a role in your health... or do they?

The answer is yes, there is evidence! Individuals who are regularly involved within a community of faith and practice spiritual disciplines experience less depression, drug and alcohol abuse, and suicide, and have improved success coping with life issues and illness when compared to those individuals not regularly involved in a faith community. In addition, faith and spiritual practice play an equally positive role in physical disorders, resulting in lower blood pressures and less hypertension, lower cholesterol and better lipid profiles, improved immune function, and longer life span,

There are negative impacts of faith on health, though. Individuals who feel "abandoned by God" or "struggle"

with religion have longer recovery times from illness and surgery. Noncompliance with treatment is often seen when an individual believes that a higher power caused the illness as punishment or their beliefs prevent acceptance of certain treatments such as transfusions and immunizations. These studies indicate that it is not just having faith, but having a positive faith-health experience which integrates modern healthcare with healthy spiritual practices that improves overall health.

But which spiritual practices make up a prescription for improved health? We can divide these practices into two categories:

1. Specific spiritual practices:

- Participation in a church or other faith group.
- Worship in a church or with a faith group.
- Prayer or Meditation.
- Reading scripture.
- Singing or listening to sacred music.
- Meeting and Sharing with others regularly who share similar spiritual beliefs.

2. General practices which can be spiritual in nature:

- Disciplines like Yoga, Tai Chi, and Aikido.
- Reading contemplative books and articles.
- Getting outside and enjoying nature.
- Taking part in creative activities such as the arts.
- Volunteering with a religious, charity, or service organization.
- Giving of money, time, and talents.

Any one or a combination of these when practiced regularly have been linked to improvement of overall health.

It is evident that faith and spiritual practice play an important role in our health. There is proof. Try adding spiritual practices to eating right, exercising, and the medical treatments recommended by your healthcare provider. You may be surprised at what a little faith will do!

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Technology Improves Treatment for Stroke Locally

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



Have you ever heard of the “Golden Hour?” In healthcare, the “Golden Hour” refers to the first hour after the occurrence of a traumatic injury. It is considered the most critical time for successful emergency treatment and can be the difference between life and death. Time is critical when treating lots of health issues, but never more so than when treating a stroke.

“The sooner a stroke can be treated, the sooner an intervention can be implemented, which leads to better outcomes,” said Dr. Charles West, Chief Medical Officer at Randolph Health. “With the addition of telestroke, our community can get the timely, quality stroke care needed locally.”

The introduction of telestroke has made an impact in ensuring that patients are given stroke interventions sooner, especially when used in smaller, community hospital settings. Telestroke is transforming the way stroke care is being delivered, making it easier for people to connect with specialized physicians, neurologists, through electronic communications. Through the use of a moving cart with a pan-tilt-zoom camera, display screen, and a computer, which can be positioned at the site of patient care, a neurologist at a distant site can connect, control the camera, communicate, examine and interact with the patient, family members and attending caregivers.

With the addition of telestroke, an interdisciplinary team comprised of health system staff, EMS, community physicians and Emergency Department physicians, got together to enhance the processes for diagnosing and treating stroke. “Telestroke is only part of a successful Stroke Management Program. The knowledge and ability of community partners, such as Randolph County Emergency Medical Services (EMS), to recognize the signs and symptoms to diagnose stroke and get the patients to an immediate quality care facility is critical,” said Dr. West.

So how does the Stroke Management Program at Randolph Health work?

As EMS is dispatched to a call and a diagnosis of stroke has been made, it is immediately relayed to the Randolph Health Emergency Department, where a skilled team meets EMS at the door to receive the patient. The Emergency Department physician brings up telestroke

and consults with a neurologist to get an initial assessment. The patient is taken to have a CT and labs completed, and then is placed in a room for a more detailed exam with the neurologists through telestroke. An intervention is identified, such as a clot-dissolving medicine and this can be administered within one hour of arrival.

“A small number of patients might need to be transferred to a tertiary center for further treatment, but with telestroke we can still assess, diagnose and provide an intervention before the patient heads to another facility,” said Dr. West. “It’s all about timing and when every second counts, being able to provide an intervention quickly makes a difference. We can have the intervention in and already working while a patient is being transferred to another facility.”

brain is damaged. For example, someone who had a small stroke may only have minor problems, such as temporary weakness of an arm or leg. People who have larger strokes may be permanently paralyzed on one side of their body or lose their ability to speak. Some people recover completely from strokes, but more than 2/3 of survivors will have some type of disability.

Four million Americans who have survived a stroke are living with impairments and 15 – 30% are permanently disabled. The American Heart Association also estimates that stroke cost about \$33 billion in both direct and indirect costs in 2011 in the United States alone.

“With timely treatment, the risk of death and disability from stroke can be lowered. It is very important to know the symptoms of a stroke and act in time to get an



Why is timing so important when treating a stroke?

A stroke is a “brain attack.” It can happen to anyone at anytime. It occurs when blood flow to an area of the brain is cut off. When this happens, brain cells are deprived of oxygen and begin to die. When brain cells die during a stroke, abilities controlled by that area of the brain, such as memory and muscle control, are lost.

How a person is affected by their stroke depends on where the stroke occurs in the brain and how much the

intervention in place immediately to reduce the possibility of long term effects,” said Dr. West. “With our Stroke Management Program we are treating stroke with the same urgency as if a cardiac arrest (Code Blue) has been called. Code Stroke ensures health care staff provides quick action, assessment and intervention in order to obtain the best possible results for the patient.”

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Prevalence of Stroke

Stroke is the third leading cause of death in the United States with more than 140,000 people dying from it each year. It is the leading cause of serious, long-term disability in the United States. And just to put it perspective – on average, someone in the United States has a stroke every 40 seconds.

Now, if you are like me, you’ve grown up hearing that the South is in the Stroke Belt and based on our local statistics - that’s accurate. In Randolph County, stroke is the fourth leading cause of death. In 2014, 85 people in Randolph County died from stroke.

There are many risk factors for stroke, the front runner being high blood pressure, but other risk factors include: obesity, high cholesterol, diabetes, over the age of 65 and family history of stroke. There are also risk factors that come about from lifestyle choices such as: lack of exercise, poor diet, smoking and consuming more than two alcoholic

drinks per day. Having three or more of any of these risk factors multiplies your risk for a stroke.

Strokes can and do occur at any age, anywhere. Nearly one quarter of strokes occur under the age of 65. The risk of stroke more than doubles each decade after the age of 65. But there is good news . . . more than 80 percent of strokes are preventable.

Strokes can be prevented if you are able to reduce your number of risk factors, but if you aren’t able to do so, then your next best help is going to be knowing the warning signs and symptoms and calling for help immediately. Talk with your doctor about your risk factors and concerns. Every second counts when a stroke is detected and now Randolph Health has implemented an enhanced Stroke Management Program that provides immediate access to high quality care and that is making a difference in reducing the long-term effects of stroke locally.



Recognize the Signs of a Stroke



SAVES

SMILE

ARMS

VISION

EVEN BALANCE

SPEECH

UNEVEN SMILE
FACIAL WEAKNESS
FACIAL DROOPING

ARM WEAKNESS
TINGLING/NUMBNESS
LOSS OF MOVEMENT

BLURRED VISION
DOUBLE VISION
LOSS OF VISION

LEG WEAKNESS
IMBALANCE
LOSS OF MOVEMENT

WORD FINDING DIFFICULTY
SLURRED SPEECH
INABILITY TO SPEAK

Giving a Piece of Hope and Carrying on a Legacy

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



Randolph Health staff not only provide care for patients and families within our system, but their care extends outside these walls and into the community taking shape in the form of volunteers, coaches, club members and church parishioners. Also, throughout the year, staff participates in the Randolph Health Community Foundation Annual Giving Campaign and the United Way Campaign, giving financial support to numerous health and wellness programs throughout the community.

And if these contributions weren't enough, the Nurse Education Council launched a yearly canned food drive that continues to pick up speed. Mary Treece, Medical Pediatric Surgery Unit (MPS) nurse, spearheaded the first canned food drive in 2015. "It was her passion to help others. She wanted to give back and she motivated staff to support the canned food drive as a method of giving back to those who truly needed it in the community," said Patty Cox, RN, Director of Progressive Care Unit.

The inaugural campaign went off without a hitch with nursing departments jockeying for who could garner the most cans. It led to healthy competition and it came down to a battle between MPS and the Surgery Center. In the end, the Surgery Center claimed victory, although the true winners were those in need in our community.

"Over 2,500 cans were donated that first year with the Surgery Center donating 948 cans," said Cox. "A successful event that would later become so much more than just a canned food drive."

As staff was beginning early conversations about a second annual food drive, tragedy struck and Randolph Health received the sad news that Mary Treece, at the young age of 31 years old, passed away suddenly due to complications from an illness.

"As a way of coping with the tragedy, the Nurse Education Council agreed to move forward with the second annual canned food drive, naming it after Mary as a way to honor her memory," said Cox. "Mary was a giver. Half of what she did for others, no one even knew until she died. She was a quiet giver and had helped so many people. Now, her legacy can go on, continuing to help others through this canned food drive."



With new passion and a motivation to let that legacy live on, staff launched the Mary Hope Treece Can Food Drive. A challenge was issued and the food drive expanded from nursing to include the entire hospital. "There was a different type of passion and motivation surrounding the drive. You could feel it rippling throughout the organization," said Cox.

With only a week to go it looked like two powerhouses were going at it – MPS and the Emergency Department, but at the last minute an outside contender, Clinical Engineering, swooped in and eliminated both MPS and the Emergency Department. Clinical Engineering donated over 3,400 items – that's more than all the donated items from the first year. A total of 11,040 items were given back to our community. Donations were given to the Salvation Army, the Soup Kitchen and Christians United Outreach.

The third annual Mary Hope Treece Can Food Drive is slated to conclude mid-to late July. The goal this year is to donate over 15,000 items to local charities. We will have to wait and see how it finishes and who takes the lead, but in the meantime, as long as staff gives – those in the community will benefit.

"Mary was blessed and wanted to share what she had with others. She was drawn to those in need. She listened when you didn't even know she was listening. Often trying to discern if you had a need she could help meet. She would look for ways to make others feel special," said Cox. "I think she would be happy and honored knowing that her legacy is continuing."



New Faces at Randolph Health

By: Linda Schumacher, Grants Coordinator

If you've had the opportunity to visit the main campus of Randolph Health since June 19, 2017, chances are you've seen some new faces as you've moved from the Outpatient Center to the Same Day Surgery Waiting Room. Or perhaps you spent some time in Diagnostic Imaging or walked through the Visitor's Entrance and saw some new people in navy or teal scrubs there to assist you. Did you think they looked awfully young to work at Randolph Health?

Lucky you! You've sighted some of the 31 teen volunteers who will be assisting staff, patients and family members at Randolph Health this summer in order to gain valuable work experience and learn more about careers in the health care industry.

"Our teen volunteer program, as it currently exists, has been in operation for 17 years, as long as I've been here," said Volunteer Services Director, Sylvia Beamer. "Teen volunteers were utilized prior to that, but it wasn't as structured as it is now."

Beamer checks with Randolph Health departments in February of each year to determine how many teen volunteers will be needed in the upcoming summer. "For 2017, there are 31 teens in the program, 20 of whom are returning from previous years," she said. "Having 20 teens return to us this year is a very big compliment to the program."

In order to work at Randolph Health as a teen volunteer, a student must be aged 14 or older, in school (not yet a graduate) and in Randolph County or Asheboro City Schools. "We only recruit from schools in this county," Sylvia said. "Although Randolph Health serves patients in Randolph, Montgomery, Moore and Chatham counties, we know that many of our teen volunteers depend on their family members for transportation to get here for their shifts. We want to make it as easy on them as possible."

Even if your teenage years have passed, there are still all types of volunteer opportunities available at Randolph Health. "Someone who would like to be a Randolph Health volunteer could have as much or as little patient contact as they would like. It's completely up to them," Sylvia said. "We have positions available for clerical volunteers or in the gift shop, for those who have retail experience. We also use volunteers in medical records, Information Technology, patient financial services, accounting and we're always looking for pianists who can play the piano for 20 - 30 minutes in the Cancer Center lobby."

"For those who would enjoy more patient contact, we have Service Excellence volunteers, who go in and out of patients' rooms and talk to them about their experiences here at Randolph Health. We're also looking for volunteers, who will call patients and make sure they have follow-up appointments after they've been discharged from the hospital and to verify that their prescriptions have been filled. If those things haven't been done, the volunteer works to determine why and will follow-up with a social worker, if needed. This is for the safety and health of our patients and to reduce readmissions."

"We're also looking for volunteers at the Visitor's Entrance and Outpatient Center. These volunteers will escort patients and visitors to their destinations. Volunteers

at the Visitor's Entrance perform all patient discharges outside of maternity, which frees up our nursing staff and allows them to remain on the floor with the patients."

At Randolph Health, our adult and teen volunteers are making a difference and doing great things to help keep our community healthy. If you are interested in becoming a Randolph Health volunteer, contact Sylvia Beamer at 336-629-8886 or email Sylvia.Beamer@RandolphHealth.org.

Shai and Austin aid and monitor a cardiac rehab patient.



RandolphHealth Community Foundation **Tackles Substance Abuse and Homelessness**



By: Linda Schumacher,
Grants Coordinator

2017 is a milestone year

for the Randolph Health Community Foundation. Thanks to our supporters the Foundation has been able to award health and wellness grants to non-profit organizations across Randolph County since 1997, making this our 20th anniversary.

The dollar amount of grants awarded has increased every year and in January, the Foundation awarded 16 hospital and community grants, totaling a record \$105,568, the most given in one year. And when we add that \$105,568 to the rest of the grant awards made over the past 20 years, the Randolph Health Community Foundation has awarded over \$1 million in health and wellness grants in Randolph County.

The focus of the grants awarded has changed over the past 20 years. "When we first started awarding grants, we would look at any health and wellness initiative," said April Thornton, President of the Randolph Health Community Foundation. "In

2011, the Foundation Board looked at the results of the Randolph County Community Health Needs Assessment and made the decision to focus on three of the biggest factors affecting the health of Randolph County's citizens: physical fitness, nutrition and substance abuse."

Although the Foundation typically receives 35 – 40 grant requests annually, only three or four of them each year will address substance abuse. "Substance abuse continues to be a growing problem in Randolph County, particularly addiction to prescription pain medication," said Thornton. "There are agencies working to help people with substance abuse issues, but there haven't been many who have reached out to the Foundation for funding."

Enter Asheboro Shelter of Hope, one of the 16 recipients of the Randolph Health Community Foundation's grants for 2017.

"Asheboro Shelter of Hope is the only homeless shelter we have

in the Asheboro area and we can currently house up to 32 men," said Paulette Handy, Shelter Executive Administrator. "Although poverty is the cause of much of the homelessness we see, substance abuse is also a problem for many of the people we work with."

With grant funding from the Foundation, Asheboro Shelter of Hope was able to upgrade their kitchen facilities and begin offering three hot meals a day for the men residing at the shelter.

"Feeding these men healthy, nutritious meals on a continuing basis, as they are working to heal themselves and turn their lives around, is making a world of difference," Handy said. "You can literally see the change as they start to physically feel better and then mentally feel better about their lives and the direction in which they're moving. It's gratifying to watch it happen."

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For 2017, the shelter was also able to add a Certified Substance Abuse Counselor (CSAC) to the services they provide to their clients. "Our CSAC works 2 – 3 days a week with the men staying here," said Pastor Jeff Looney, Executive Director, Asheboro Shelter of Hope. "Thanks to the counseling she provides, we have been able to direct several of the men to detox and rehab centers and are achieving positive outcomes. We are excited about our future, but even more excited about the future of the men we're trying to help."

To learn more about the Asheboro Shelter of Hope or to make a tax-deductible donation, please contact Paulette Handy at 336-318-0012 or email pastorlooney@yahoo.com

To learn more about the Randolph Health Community Foundation or make a tax-deductible donation, please contact April Thornton at 336-629-8885 or April.Thornton@RandolphHealth.org.



Joseph Scott preparing for "Cheeseburger Friday"

THE WELL



Breastfeeding Class

This class is held on Saturdays certain months throughout the year including: 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.

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 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 randolphhealth.org.

QuitSmart Tobacco Cessation Program

Tuesday, August 1 - Tuesday, August 15 - Thursday, August 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 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.

Free Oral Cancer Screening

Thursday, August 24
5:30 - 7:30 p.m.

Randolph Health Cancer Center - 373 N. Fayetteville St., Asheboro

Drs. Marina Bonaventura and William Milner will be conducting a free oral cancer screening for participants who are experiencing sores or lesions in the mouth, thickening of the cheeks or white/red patches in the mouth. Space is limited, so you must register to attend this free screening. To register for this screening, call 336-633-7788.

Bikers for Boobs

Saturday, August 19th
10 a.m. - 4 p.m.

Ride Starts at 11 a.m.

Greensboro Harley-Davidson - 538 Farragut St., Greensboro

Charity motorcycle ride benefiting the Mammogram Fund at Randolph Health starts at 11 a.m. and the event includes raffles, auctions, vendors and live music from Vintage & Lace, Audio Assault and a special guest singer.

Motorcycles for Mammograms

Saturday, September 19th

Registration 8 a.m.

Kickstands up at 10:30 a.m.

Cox's Harley-Davidson - 2795 NC 134, Asheboro

The 2nd Annual Motorcycle for Mammograms ride will benefit the Randolph Health Mammogram Fund. The route will take you through the beautiful rolling hills of Randolph County and will be led by the Randolph County Sheriff's Motor Unit. Registrants are encouraged to dress in pink so the ride can make a strong statement that we are fighting to save lives one ride at a time.



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Summer 2017 Memorial Donations

In memory of	Mildred Buchanan	by	RH
In memory of	Ferree Hunt	by	RH
In memory of	James "Ed" Poole	by	RH
In memory of	James "Ed" Poole	by	RH

Summer 2017 Honorariums

In honor of	Susan Behr	by	Robin Cockerham
In honor of	Debbie Dowling	by	Sam and Missy Ranking
In honor of	Don and Pat Allred	by	Cooper and April Thornton



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