

COOKING UNDER PRESSURE

VINTAGE EN VOGUE 2017

2016 GIVING CAMPAIGN REVIEW

HEALTHLINK

HEALTH AND WELLNESS OF RANDOLPH HEALTH

SPRING 2017



Randolph Health
Community Foundation
experiencing its best year.

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A day on the playground with Randolph
County Partnership for Children

Randolph Health is Everywhere You Are!

A comprehensive map of our entire system.

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COOKING UNDER PRESSURE!

By Karen Pfohl, RD, LDN
Registered Dietitian at
Randolph Health Cancer Center

the kettle. I learned shortly afterwards that there was not enough liquid in the cooker. The smell of caramelizing onions should have been my clue. Four years later I am still cooking with a pressure cooker, and actually have two of them.

Pressure cooking cooks food faster than other conventional cooking methods. Pressure is created by boiling a liquid inside the pressure cooker. As the liquid inside begins to boil, it produces steam that builds up in the cooker and creates pressure. The pressure increases the boiling point of water from 212 degrees to 250 degrees Fahrenheit. This higher temperature cooks food in about one-third of the time.

Newer pressure cookers, second generation as they're called, often have safety features to prevent accidents. These include locking lids, as well as valves and vents that release steam as too much pressure builds. If you've never used a pressure cooker before, all this may sound complicated or even dangerous. But, if you read the instructions and stay attentive to what you are doing, you should be fine. The only other mishap with my cooker was failing to turn the burner temperature down when pressure was achieved. As a result the safety valves did exactly what they were supposed to do – release excess pressure. Too bad that steam release contained cooking steel cut oats. Took me a while to wipe up the goo from the surrounding cupboard area. Lesson learned, follow directions and pay attention.

I try to prepare healthy meals just like you do. The pressure cooker allows me to do that ... whole foods, plant based, in a relatively short period of time. Let me suggest a cookbook that has numerous vegetable recipes as the author is a vegetarian, and a dietitian. *The New Fast Food: The Veggie Queen Pressure Cooks Whole Food Meals In Less than 30 Minutes* By Jill Nussinow, MS RD. Not only are there many delicious recipes in this book, it was interesting reading also. Jill often gives options for seasonal ingredients you might have on hand. If you get the cookbook, do consider trying Red and Green Vegetables Italiano, Shane's Fabulous Lentil Soup or Garlicky Green Bean Potato Salad just to name a few of the yummy recipes. Happy, healthy cooking!

Several years ago I read an article that talked about pressure cookers making a comeback. At that time I was not familiar with how to use a pressure cooker; that was not a cooking method my mother showed me. I enjoy cooking, trying new recipes and cooking techniques – so I bought one.

After carefully reading the instructions, as I had heard a few

horror stories of green beans blasting on to the ceiling, I decided to give it a try. All went well that first attempt, I don't recall what food item I prepared. The second attempt was a different story. No explosions, just a pork roast that ended up looking like a lava rock and the other contents plastered and black on the inside of

Vintage en Vogue Celebrates its Fifth Anniversary with a Masquerade Ball

by Linda Schumacher
Grants Coordinator

The lights were bright, the stage was set and the crowd was ready as 22 of Randolph County's most beautiful people walked the runway on Thursday, February 2, 2017 as models for the 5th Annual Randolph Health Community Foundation's Vintage en Vogue. Klaussner Home Furnishings was the backdrop, once again, for this year's sold out event.

"The response to Vintage en Vogue has been amazing," said Fran Knapp, Vintage en Vogue Chairman. "It's been a sellout event almost every year. The crowd is there to support the models and at the same time, they're supporting the Randolph Health Community Foundation and enjoying a fun evening out. It's a true reflection of the spirit of Randolph County."

To celebrate the 5th Anniversary, the models had new outfit choices for this year. "When I first heard that 'Masquerade Ball' was one of our three outfits for this year, I was apprehensive," said David Smith, Mayor of Asheboro and 2017 Vintage en Vogue model. "With the help of my stylist, Jacquie Reininger, and a look at the calendar (February 2nd), I think we turned the masquerade ball into ground hog day."

With the help of all the Vintage en Vogue sponsors, as well as the ticket holders on hand to see the show, this event raised more than \$13,500 for the Randolph Health Community Foundation. These funds will be used to award health and wellness grants to non-profit organizations across Randolph County.

The lights had barely faded from Vintage en Vogue 2017 before plans were already underway for Vintage en Vogue 2018. Mark your calendars and plan to attend this fashion forward event Thursday, February 1, 2018. To learn more information, visit RandolphHealth.org/Foundation or contact Linda Schumacher at 336-633-7755.





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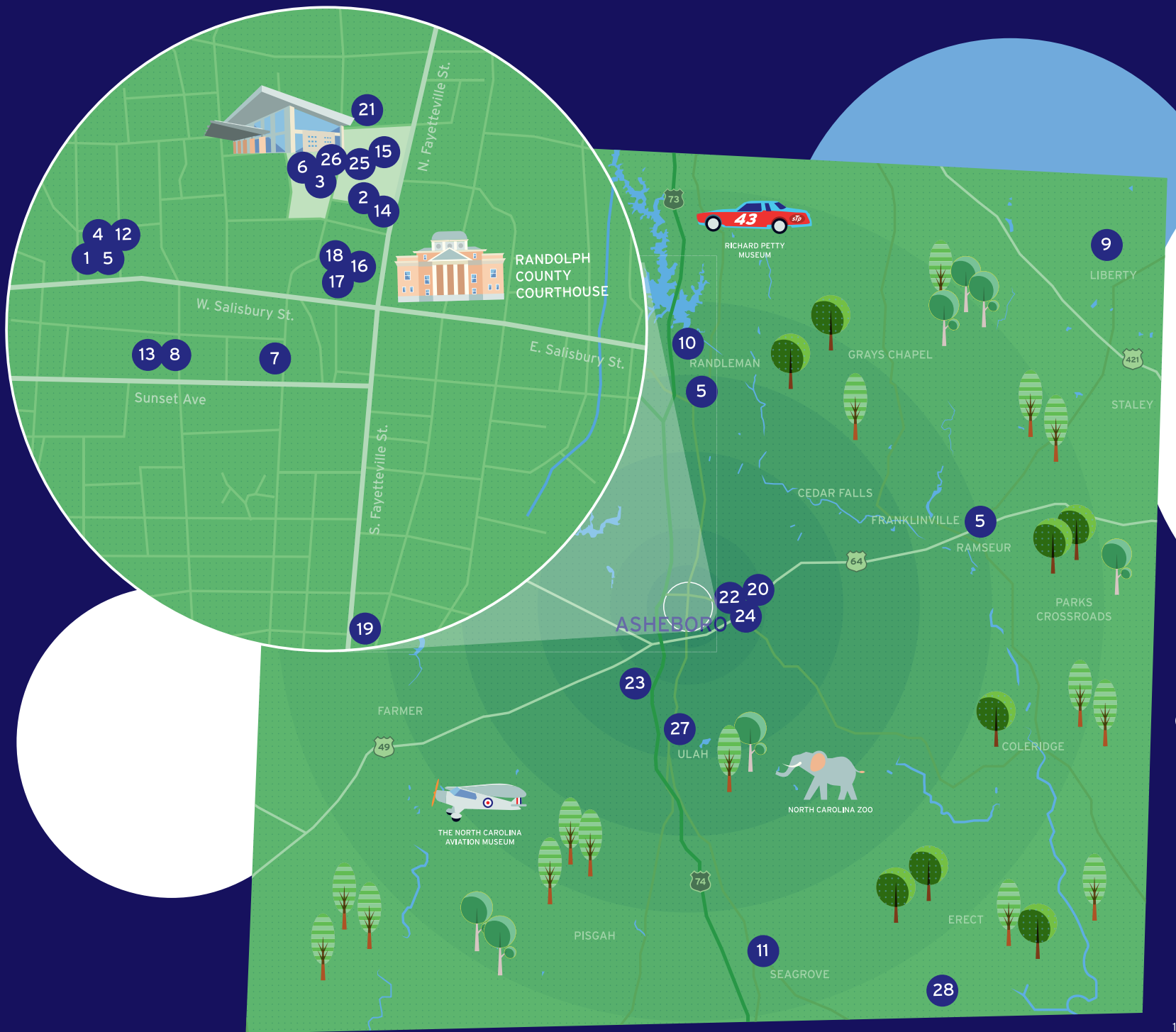
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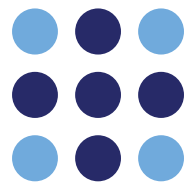
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Randolph Health *Is Everywhere You Are*

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



Randolph Health

Are you seeing more blue around town?

Blue dots to be exact? And in places you didn't expect? Since January, Randolph Hospital has been transitioning into Randolph Health - a fully-integrated health system. But what does that mean?

It means that Randolph Health is connecting a full spectrum of healthcare providers and premier technologies in order to make it convenient for you and your loved ones to access health and wellness services. Randolph Health is a comprehensive and coordinated system – designed to make things as simple and understandable as possible – so that you can receive quality care across specialties and at different locations without confusion or delay.

So how do you know what's actually in the Randolph Health System? The blue dots can help guide you, as can the new signs and names that tie the entire system together. But it might also help to know that Randolph Health is comprised of an expansive network of primary care and specialty physicians across this community as well as a number of specialty clinics. The system includes 11 different physician offices and 15 specialty clinics.

Randolph Health is proud of its award winning services and state-of-the-art technology that continues to ensure that this community is getting exceptional care.

And it's not just our services and technology that are ensuring quality care each and every day. All of our staff work diligently to make sure that the care provided aligns with the highest national standards and that we are doing our part to make healthcare affordable.

So, without further adieu, let's get better acquainted with Randolph Health and the vast array of services and physician specialties that make up our system.

○ Locations

- 1 Athletic Training
 - 2 Cancer Center
 - 3 Community Foundation
 - 4 CHC Better Care
 - 5 Deep River Physical Therapy | Asheboro
Deep River Physical Therapy | Randleman
Deep River Physical Therapy | Ramseur
 - 6 Diabetes Center
 - 7 Ear Nose & Throat
 - 8 Endoscopy Center
 - 9 Family Practice | Liberty
 - 10 Family Practice | Randleman
 - 11 Family Practice | Seagrove
 - 12 Fitness Center
 - 13 Gastroenterology
 - 14 Home Health
 - 15 Hospital
 - 16 Internal Medicine
 - 17 Internal Medicine | Dr. Douglas Schultz
 - 18 MRI Center
 - 19 Pediatrics
 - 20 Physical Therapy & Sports Medicine
 - 21 Deep River Family Practice & Wellness
 - 22 Orthopedics & Sports Medicine
 - 23 StayWell Senior Care
 - 24 Surgery Center
 - 25 Urology
 - 26 Wound Care & Hyperbaric Center
- Recent Additions**
- 27 CHC Better Care | RCC Campus
 - 28 Deep River Physical Therapy | Robbins



2016 ANNUAL GIVING CAMPAIGN NETS OVER \$50K

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

The 2016 Annual Giving Campaign conducted by the Randolph Health Community Foundation has surpassed goal, making it the most successful campaign to date. The 2016 Campaign raised over \$50k through an Employee Giving Campaign combined with a Community Giving Campaign.

The Randolph Health Employee Campaign welcomed increases not only in dollars contributed, but also in the number of participants. The Employee Campaign had 118 participants, a 66 percent increase and pledges were over \$29k, a 30 percent increase, from last year. The Community Campaign raised over \$22k with 74 donors.

All funds raised from the Annual Giving Campaign become part of an endowment and are invested to earn interest. Only interest income from the endowment and funds raised through Special Events are used to fund non-profit health and wellness projects across Randolph County. The actual principle of the endowment isn't touched meaning that these gifts have the power to make a positive impact on this community far into the future. Support through the Annual Giving Campaign ensures that your support will enrich the lives of your community and that of your children, grandchildren and great-grandchildren.

Please join us in thanking our gracious 2016 Annual Giving Campaign donors.

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Randolph Health Community Foundation *Experiencing Most Exciting Year in its History*

by Linda Schumacher
Grants Coordinator

Two thousand seventeen has already been an exciting year for the Randolph Health Community Foundation, with more impressive work to come. It marks the 20th year the Foundation has been able to award grants to non-profit organizations across Randolph County. In January, when the Foundation announced its 2017 grants, a record \$105,568 was awarded - the most given in one year! And with that \$105,568 for 2017, the Foundation has now awarded over \$1 million in health and wellness grants over the past 20 years.

There were 16 Randolph Health Community Foundation grant recipients for 2017, representing a variety of non-profit organizations across Randolph County. The grants awarded include:

\$10,000 | Asheboro Shelter of Hope to upgrade commercial kitchen with proper kitchen equipment, which will enable the shelter to provide more healthy and well-balanced meals for up to 32 homeless men everyday and stock a pantry for those in need.

\$8,000 | Charles W. McCrary Elementary School to restore the two fields in the lower playground and implement the final components of the outdoor learning environment thus completing a three year plan to transform the playground and increase physical activity by students, staff and neighborhood residents.

\$16,500 | The Dream Center of Randolph County to build a kitchen to help serve the families of the Randleman community during the week and with other partners in the community and teach about nutrition and diet.

\$2,250 | Healthy Communities A3 to purchase gravel and do grading work for a trailhead parking area for the Uwharrie Trail.

\$10,000 | Healthy Randolph to utilize funding for a full-time Program Director who will bring continuity, vision and leadership to the work of the organization.

\$7,558 | Pilot Club of Asheboro to purchase bicycles, training wheels, helmets and "bicycling for fun" curriculum booklets for the Bicycle Rodeo for 4th graders in Asheboro City Schools.

\$3,000 | Randolph Community College to host the 2017 Substance Abuse & Mental Health Symposium, which will focus on providing local community resource providers, educators and advocates with the skills to address and understand the concepts and framework of addiction within the local community.

[continued next page](#)



Trees NC/Boys & Girls Club work in the community garden

continued from prev. page



Hopewell United Methodist Church in Trinity prepares meals for the underprivileged

\$5,000 | Randolph County Family Crisis Center, Inc. to purchase a six-passenger van in order to transport clients suffering from substance abuse to AA and NA meetings and other therapy appointments.

\$5,000 | Randolph Health to provide patients, who are defined as Emergency Department Super Utilizers, with a book that will help them know when and when not to go to the Emergency Department.

\$6,000 | Randolph Health Pharmacy Department to provide Naloxone Nasal Spray at no charge to a minimum of 50 patients at high risk for accidental opioid overdose and with financial barriers to medication access.

\$3,750 | Randolph Health Physical Therapy & Sports Medicine to establish an orthotics laboratory in order to treat and address lower extremity biomechanical dysfunctions of the foot and promote movement.

\$6,000 | Randolph Health StayWell Senior Care to purchase one additional NuStep machine and provide more education and resources to continue Tai Chai program.

\$5,000 | Randolph Health and Randolph County Health Department to begin offering chlamydia and gonorrhea specific STD testing for men at the Randolph County Health Department.

\$4,000 | Randolph Partnership for Children to collaborate with six early childhood programs in Randolph County to start building or expand upon current outdoor classrooms to create rich opportunities for outdoor, active play and healthy eating.

\$3,600 | Trees, NC to double the food production capacity of the community garden and fruit tree grove and provide nutritional education, training and fresh vegetables and fruit for 750 youth and adults in Asheboro's East Side neighborhood.

\$10,000 | Town of Seagrove to renovate the children's play area in H. Clay Presnell Park in Seagrove.

The Randolph Health Community Foundation will begin accepting Letters of Intent for 2018 grants in May and completed grant requests will be due to the Foundation office on October 1, 2017.

For more information regarding the Randolph Health Community Foundation or any of the awarded grants, please contact Linda Schumacher at 336-633-7755 or visit RandolphHealth.org.

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



Mouth of the Ramseur Rail Trail
Funded by the Randolph Health Community Foundation

Street. Registration is required. For more information and to register visit us online at randolphhealth.org.

QuitSmart Tobacco Cessation Program

Tuesday, May 2 - Tuesday, May 16 - Thursday, May 18

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 Skin Cancer Screening

Tuesday, May 9

5:30 - 7:30 p.m.

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

If you have a mole or discoloration that you're concerned about, come have it checked out. This screening conducted in partnership with Asheboro Dermatology & Skin Surgery Center is available for anyone who has not had a skin

cancer screening in the last two years and who has an unusual mole or discoloration. Call 336.633.7788 to see if you meet the criteria to participate in this FREE screening. For more information you can also visit randolphhealth.org.

FREE Back Screening

Tuesday, May 16th

4 - 6 p.m.

Randolph Health

*Deep River Physical Therapy
600- W. Salisbury St., Asheboro*

You don't need to experience back pain. Attend this free screening where a free one-on-one back screening will be conducted. Learn how your back stacks up and what individual treatment options are available to eliminate that pain. Call 336.633.7788 to register to attend this FREE screening. For more information you can also visit randolphhealth.org.



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