



Making Communities

Healthier®

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WYTHE COUNTY COMMUNITY HOSPITAL + SUMMER 2019



Be Cool: Tips to Help You Beat the Heat and Have a Safe and Healthy Summer

With summer in full swing, many of us are taking full advantage of this fun time of year, whether it's hitting the road for a family vacation, getting out on the water, organizing pick-up games in the park or taking an early

evening neighborhood stroll. However you choose to enjoy this season, following some key safety tips can help you ensure that this summer is a safe and healthy one.

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Ask a Doc



Christopher Palmer, MD,

Orthopedic Surgeon and Sports Medicine

QUESTION: *I really want to get in shape and be more active. Why is exercise so important, and what should I know before starting a new exercise program?*

ANSWER: Regular physical activity is one of the best ways to improve or maintain your health – both physically and mentally. It can help you achieve and maintain a healthy weight; reduce your risk of heart disease, type 2

diabetes and some cancers; improve your bone strength; improve your mood and decrease stress. Before beginning a new fitness program, you should consult your primary care provider. Your provider can review your medical history, assess your current health and help you decide on the most effective type and duration of physical activity for you, and help you identify any potential issues before they arise.

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A note from the CEO

Wythe County Community Hospital is proud to be a part of Wythe and Bland counties. We believe that great communities deserve great healthcare. As a leader in our community, we strive to provide the highest quality care possible and are committed to our region's overall wellbeing. That's why our mission is Making Communities Healthier®. It is a mission that would not be possible without the dedication and hard work of our physicians, employees, volunteers and board members, and the support of people like you.

With your help, we are able to make a positive impact on our community in a number of ways. Each year, our Community Benefit Report provides an at-a-glance overview of how we are achieving our mission – both inside and outside our hospital walls. I encourage you to visit WCCHcares.com and take a look at our impact in the community in 2018.

This issue of *Making Communities Healthier* is packed with health and safety tips and upcoming event information to help make your summer safe, healthy and fun. I hope you find it useful as you plan this fun and exciting season of the year. Thank you for your support of Wythe County Community Hospital, and I hope you have a sensational summer season. ■

Joseph P. Wilkins

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Be Cool

Heat Safety

Did you know that heat is the number one weather-related killer in the U.S.? “It’s essential that we stay heat smart,” says Theresa Dix, chief nursing officer at Wythe County Community Hospital. “Heat overexposure is especially dangerous for children and seniors, and it is crucial that we all know how to protect ourselves from the sun’s rays at all times of the year.” Fortunately, there are some simple steps we can take to help prevent heat-related illness as we enjoy the outdoors. Beat the heat with these cool tips:

- Be aware of temperature and humidity levels and modify your activity accordingly
- Always use an SPF-15 or higher sunscreen that protects against both UV-A and UV-B rays
- Wear sunglasses when outside to protect your eyes from the sun’s rays
- Limit outdoor activities when temps are at their highest (typically mid-day)
- Stay hydrated and drink plenty of low to no-sugar fluids (water is best!)
- Search out cooler areas outside; and when the temp rises above 90, switch to an indoor activity
- Avoid enclosed places like cars or garages
- NEVER leave children or animals in a car unattended
- Dress for comfort, with loose-fitting, lightweight and light-colored clothing
- Take breaks when exercising
- Limit or avoid adult beverages (alcohol can impair your body’s ability to self-regulate its temperature)

Water Safety

Nothing beats the sweltering summer heat like a dip in the water. Be it poolside, lakeside or beachside, these tips from the American Red Cross are key to ensuring a fun, safe time for all:

- Only swim in designated areas supervised by lifeguards
- Always swim with a buddy
- Never leave a child unattended near water or trust a child’s life to another child
- Make sure young children and inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water
- Don’t play around drains and suction fittings in the pool
- Always be cautious around natural bodies of water – currents and underwater hazards can make falling into the water dangerous
- Wear a life jacket when boating (most boating fatalities actually occur from drowning)



- Avoid alcohol use around pools and bodies of water
- If you have a pool or hot tub, or live near a body of water, keep reach-and-throw equipment, a cell phone, life jackets and a first aid kit nearby.

Travel Safety

Summer is a great opportunity to hit the open road or the friendly skies for some quality time away with family or friends. You can help make your vacation stress-free and safe with these helpful hints:

- Never post travel plans on Facebook, Twitter, Instagram or other social media
- Have all home deliveries like mail and newspapers stopped for the duration of your time away, or have a trusted neighbor or friend collect them for you
- Take minimal cash with you and use credit cards and traveler’s checks on your trip
- Set up automatic timers in your home to switch lights and the television or radio on and off throughout the day
- Double check that your doors and windows are closed and locked before hitting the road (and set your home alarm if you have one)
- Observe stairwells and fire exits when you check into your hotel
- Ask the front desk clerk or hotel concierge if there are unsafe areas you should avoid while touring
- When you leave your hotel, take only what you need for the day and avoid displaying large amounts of cash when purchasing items

With these tips, you’ll be ready to have a safe, healthy summer and make memories to last a lifetime. ■

For more information on heat safety, visit weather.gov/safety/heat
For more information on water safety, visit redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html

COMMUNITY CALENDAR

July

07/15: Lions Club Carnival

Wytheville Community College, 1000 E. Main Street Wytheville, VA
It’s carnival time! Carnival starts July 15 and runs through Saturday July 20th. Bring the kids and have a good time!

07/19: 11 pm – 1:30 am Summer of Love Psychedelic Blacklight Paint Night

Rose Cottage School of Arts, 570 East Spring Street Wytheville
WCCH is participating in the Virginia Tourism Summer of LOVE, celebrating the 50th Anniversary of “Virginia is for LOVERS!” Participate in this 1969 theme with a psychedelic black light paint party!

August

Wytheville Farmers Market

210 W Spring Street, Wytheville, VA
Season and Hours: May to October: Every Saturday, 8AM-12PM

November to April: Every 2nd and 4th Saturday, 10AM-12PM

The farmers market offers local residents and out-of-town visitors an opportunity to purchase locally grown vegetables, fruits, potted and dried plants, cut flowers, meats, eggs, honey, artisan crafts, delicious baked goods, and freshly roasted Market Blend Coffee.

September

09/21: 8:30 am – 1:00 pm

Free-Ride 2 Save Lives Motorcycle Assessment Course
Wytheville Community College
1000 E Main Street Wytheville, VA

09/21: 8 am – 12 pm Pumpkin Day Contest

Wytheville Farmers Market, 210 W. Spring Street, Wytheville, VA

Mark your calendars and get those garden plots ready! The Wytheville Farmers Market is pleased to announce our upcoming Pumpkin Day.



Meet Chase King DO

Wythe County Community Hospital welcomes Chase D. King, DO to the medical staff. Dr. King is a family practice physician at Wythe Physician Practices – First Choice Family Care located at 380 Virginia Avenue, Wytheville. He is board-certified in family practice. Dr. King specializes in health promotion, disease prevention, health maintenance, counseling, patient education, diagnosis and treatment of acute and chronic illnesses. Welcome Dr. King! ■



600 West Ridge Rd.
Wytheville, VA 24382

Massaged Kale Salad

The perfect healthy accompaniment for your summer get-togethers.

8 cups chopped, stemmed kale (about 1 large bunch)	1/8 tsp ground black pepper
3 tbsp lemon juice	3 tbsp unsalted, hulled sunflower seeds OR pumpkin seeds (pepitas)
2 tbsp canola oil	2 tbsp grated, reduced-fat Parmesan cheese
1/2 tsp yellow or Dijon mustard	

- Prepare the kale: Lay each leaf onto a cutting board. Use a knife to cut each side of the kale leaf's rib to remove and discard it (Kale ribs are quite bitter and tough, making it best to remove.). Repeat with remaining leaves. Then, slice the kale into about 1/2-inch pieces. If kale is still wet from washing, dry it in a salad spinner.
- In a large bowl, add lemon juice, oil, mustard and pepper. Use a fork to mix dressing together. Add the chopped kale into the bowl. Use your fingers to gently massage the dressing into the kale until the kale has wilted from 8 cups to 6 cups (just a few minutes).
- Top kale salad with pumpkin seeds and Parmesan cheese. Serve.

*Recipe from the American Heart Association.
Find more healthy recipes at www.heart.org/recipes.

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Ask A Doctor

QUESTION: *I know it's important for children to follow an immunization schedule from birth to adulthood, but are vaccines important for adults, too?*

ANSWER: Immunizations are recommended for all ages. They are one of the safest and most effective defenses against preventable diseases and can help protect you and others in your family and community. And that goes for adults as well as children. All adults can benefit from vaccinations that help prevent a number of illnesses, including flu, shingles, pneumonia, hepatitis and whooping cough. In fact, some vaccines – like Hepatitis B and HPV vaccines – can even help prevent some cancers that can result from vaccine-preventable infections. Talk with your primary care provider about which vaccines you may need, and discuss your current health. Certain conditions can play into the benefit and timing of immunizations. If you need a primary care provider, call 800.424.DOCS(3627) to make an appointment. ■

DISCLAIMER: The information and practices described in this newsletter are not intended as substitutes for a diagnosis or clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.