

HIPAA

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According to the US Department of Health and Human Services (HHS) Office of Civil Rights, HIPAA affords you the right to: (1) see your medical records and receive a copy of them; (2) make changes to any incorrect information that is included in your medical records or add information if your record is not complete; (3) obtain a copy of a notice regarding how your provider or insurance carrier will use your health information; (4) determine who will receive copies of your health records and the purposes for which these people will be allowed to use these records; (5) once a year, get a report that details when and why your health information was shared; (6) ask to be contacted in a different manner than originally decided; (7) request that your information not be shared; and (8) file a complaint if you feel that your rights have been violated.

How can I file a complaint?

If you feel your rights under the HIPAA law have been violated, you can file a Health Information Privacy complaint with your provider or with the federal government. As a US government entity, the Office of Civil Rights (OCR) has the authority to investigate complaints that have been filed and follow-up as necessary. Complaints must be filed in writing (via mail, fax, or e-mail) within 180 days (6 months) of when the violation occurred. The OCR prefers you use their own form (which can be found <http://www.hhs.gov/ocr/howtofileprivacy.pdf>), although you can also write your own letter. Complaints should be submitted to your regional OCR office. For North Carolina, the appropriate office is in Atlanta (404-562-7886), and for Virginia, the appropriate office is in Philadelphia (215-861-4441). For more information, call OCR or visit their website: <http://www.hhs.gov/ocr/hipaa/>.

Do you need further information, support or have questions or comments about this article? Please visit the US Department of Health and Human Services HIPAA website at: <http://www.hhs.gov/ocr/privacy/hipaa/understanding/>. For information about the Maya Angelou Center for Health Equity and resources in your area, please visit: <http://www.wakehealth.edu/MACHE> or call toll free 1-877-530-1824.

St. Philips to restart Sunday Socials

SPECIAL TO THE CHRONICLE

On Sunday, November 10, St. Philips Heritage Center in Old Salem Museums & Gardens is hosting a Sunday Social: Homowo Harvest Food Tasting. Sunday socials were a vital part of the church life at St. Philips in Salem. This Sunday Social will take place at the St. Philips Heritage Center, 911 South Church St., from 1-4 p.m. and will feature a food tasting of plants native to Africa and foods traditionally associated with African American cuisine.

Clarissa Clifton, an 18th/19th century period cook, will prepare "Fried Yard Bird" over an open pit. She also will serve sweet potato biscuits, brandy cornmeal pound cake and a variety of vegetables will be available for tasting.

Some of the foods to be tasted are grown from seeds from Old Salem's Homowo Harvest seed collection. Homowo is a word from Ghana, West Africa which means "hooting at hunger."

Clifton is the food historian for Latta Plantation in Charlotte, NC. She is the author of "One Hearth, One Pot: For Love of Food and History." Her cookbooks will be available for purchase at the event.

All Sunday Social activities are included with the purchase of an All-In-One ticket (discounted Sunday rates apply, which are \$18 for adults and \$9 for children). Purchase a ticket online, oldsalem.org, or at the Visitor Center, 900 Old Salem Rd.

For more information, please call 336-721-7399.



Photo courtesy of Old Salem
Acclaimed cook Clarissa Clifton will be on hand.

NCCU

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around the goal of preparing students for career success and global leadership. Under the Summer Youth Business & Entrepreneurship Academy, high school sophomores and juniors take part in a two-week, non-residential business and

entrepreneurship immersion program. Students participate in lectures, corporate visits, and a case competition, where they work in teams to prepare a business plan. A panel of judges from the business community evaluates the plans and awards a prize to the winning team.

"This generous gift from The Executive Leadership

Foundation will enable NCCU to invest in training for the next generation of business leaders, entrepreneurs and scholars," said Dr. Saunders-White. "We are thankful to the ELF for supporting our efforts to build a pipeline of skilled individuals for the workforce in North Carolina and our nation."

The partnership with ELF

will allow the NCCU Summer Youth Business & Entrepreneurship Academy to expand its outreach to include more students and provide additional services at no cost to the student. The program began in 2012 with 16 and is expected to grow to 60 students in 2014 and double its enrollment in both 2015 and 2016.

Election

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Taylor said he and East Ward Councilman Derwin Montgomery were instrumental in pushing for the creation of an Entertainment District on the northern end of downtown that Taylor believes will have a big impact on increasing the city's entertainment value - and appeal to young professionals - in years to come.

If re-elected, Taylor says improving the public safety in his ward will be a top priority, beginning with seeing to fruition the opening of a Winston-Salem Police Department district office. The office, which Taylor has proposed to be installed in the Nissen Wagon Works building on Woughtown Street, would serve as a command center for officers in the area, providing increased police presence in the ward 24 hours a day.

"We've worked on jobs and economic development," said the North Carolina Central University alumnus. "Now we've got to work on safety."

In his first term, Taylor said he has proven his worth as a public official and his dedication to the constituents of his ward time and again.

"I think it helps being an incumbent because you're running on a record. I

think the residents of the Southeast Ward understand that I've done exactly what I said I would do," declared the father of three. "...I think we've been successful but there's a lot more work to be done, and I'm thankful for the opportunity to be able to get it done."

Taylor's challenger, Republican Mike Hunger, did not respond to an interview request before press time.

As a unit, Leight said she, Taylor and their colleagues on the Council have worked hard to support residents all across the city and improve the quality of life for everyone concerned.

"I think we've worked well together and our record in economic development - even during all of this slow down of the economy - I think has been stupendous," she said. "I think we've held the line pretty well in bringing in new businesses."

Leight, who is seeking her third term, says the hallmarks of her leadership have been environmental and neighborhood-driven initiatives that favor individual residents over big business. She says she has pushed for ordinances that demand the protection of the city's vegetation, trees and streams, as well as pushing back against several large scale projects that were unwanted among residents of the ward.

If re-elected, Leight said she will continue to champion the rights of the residents, fighting back against measures such as an ordinance change that would allow for the construction of new cellular towers in residential areas.

"It's a real self-serving ordinance," Leight said. "We'll have to do a lot of work to make sure that that doesn't happen."

Leight said she would continue to support improvements to the downtown core and look for innovative ways to fund projects that help Winston-Salem live up to its City of the Arts moniker, through public art exhibits, displays and other ventures that tap into the talents of the city's vast artistic ability.

Leight said she has worked hard to be accessible and accountable to the residents of her ward and all across her hometown.

"I do pay attention to the people in my ward and to the problems of the city as a whole," she said. "I'm definitely a public servant. I am not a politician. I truly am in this just to serve the city and its citizens."

Leight's opponent, Republican Nathan Jones, did not respond to an interview request before press time.

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Annual Election Period ends December 7, 2013.

Wed., Nov. 6 and 13
10:00 a.m.
Kernersville YMCA
1113 W. Mountain St.
Kernersville

Wed., Nov. 6
10:00 a.m. and 2:00 p.m.
Hampton Inn
1990 Hampton Inn Ct.
Winston-Salem

Thurs., Nov. 7
10:00 a.m. and 2:00 p.m.
Village Inn & Golf Center
6205 Ramada Dr.
Clemmons



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For the hearing impaired (TTY/TDD): Call 1-800-922-3140

Monday - Sunday, 8 a.m. - 8 p.m.

For meeting accommodations for persons with special needs: 1-888-370-2350

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*Awarded to BCBSNC by the Ethisphere Institute. In 2013, companies in more than 100 countries and 36 industries were reviewed and of those 138 organizations were designated as World's Most Ethical. Blue Cross and Blue Shield of North Carolina is an HMO and PPO plan with a Medicare contract. Enrollment in Blue Cross and Blue Shield of North Carolina depends on contract renewal. Benefits, formulary, pharmacy network, premium and/or copayment/coinsurance may change on January 1, 2015. The benefits information provided is a brief summary, but not complete description of available benefits. Additional information about benefits is available to assist you in making a decision about your coverage. This is an advertisement; for more information contact the plan. 1) You must continue to pay your Part B premium. Rate is for Blue Medicare HMO Standard Plan, 2014. 2) The SilverSneakers program is provided by Healthways, Inc., a third-party vendor independent of BCBSNC. 3) An authorized sales representative will be present with information and applications. There is no obligation to enroll. 4) Blue Cross and Blue Shield of North Carolina is a PDP plan with a Medicare contract. Enrollment in Blue Cross and Blue Shield of North Carolina depends on contract renewal. © Mark of the Blue Cross and Blue Shield Association. ©1 Mark of Healthways, Inc. Blue Cross and Blue Shield of North Carolina is an independent licensee of the Blue Cross and Blue Shield Association. U7671, 10/13