

# HEALTH & WELLNESS

## Healthbeat

### CVS decision applauded

The Center for Global Policy Solutions is applauding CVS Pharmacy's decision to stop selling cigarettes and other tobacco products. "Ten million persons of color die each year from smoking," said Dr. Maya Rockeymoore, president and CEO of the Washington, D.C.-based think tank. "African-American men are particularly hard hit with a lung cancer rate that is 50 percent higher than among white males. For such a popular and ubiquitous chain to say, 'We're not going to contribute to that trend any longer' is a daring decision and a responsible one. (We wish) more corporations were so conscientious as to choose the public good over profits."



Rockeymoore

One of the nation's largest drugstore chains, CVS announced last week that it would cease tobacco sales in its 7,600 stores because it wants to be known for its pharmaceutical and medical services and can no longer market products that are known to cause or aggravate so many serious, even life-threatening, conditions.

Rockeymoore says that if the chain is serious about its commitment to promote good health, it should consider going even further.

"... While they're at it, they might want to take a look at the sodas, chips and other foods that threaten our children's health," she said. "After all, obesity is another scourge that stalks communities of color at inordinate rates and runs up health care costs, while driving down quality of life and longevity."

### Cyclist, pedestrian safety program expanding

Beginning in March 2014, the N.C. Department of Transportation will accept applications from communities interested in participating in the statewide Watch for Me NC campaign, a comprehensive education and enforcement program aimed at reducing the number of pedestrians and bicyclists hit and injured in crashes with vehicles.

In order to apply for this opportunity, communities must attend a webinar on Thursday, Feb. 20 from 2 to 3 p.m. Register for the webinar at [www.watchformenc.org/about/participate](http://www.watchformenc.org/about/participate).

The webinar will include information on the program and application process, as well as opportunities to ask NCDOT staff questions about Watch for Me NC.

Campaign partners are eligible to receive law enforcement training and educational materials to encourage safer bicycling and walking.

Applications are now available at [www.watchformenc.org](http://www.watchformenc.org) and will be accepted until April 17. For more information, contact Helen Chaney at [hmchaney@ncdot.gov](mailto:hmchaney@ncdot.gov).

### Rice retiring

After nearly 36 years with Cone Health, CEO Tim Rice has announced plans to retire at the end of this year. Rice will be succeeded by Cone Health President and Chief Operating Officer Terry Akin on Jan. 1, 2015.



Rice

"Under his leadership, Cone Health has evolved from a local community hospital to a viable regional health network that is well positioned for the future of healthcare," says Cone Health Board of Trustees Chairwoman Deborah Hooper. "Tim has been a tireless advocate for the patients we serve, and our community's healthcare is stronger for it."

Rice has led Cone Health on a drive to rank among the top hospitals in quality, service and cost in the delivery of healthcare. In recent years, Cone Health has been recognized for high-quality healthcare by U.S. News & World Report, Leapfrog Group and CareChex. Patient satisfaction scores routinely hit new highs, and Cone Health is one of the area's best values in healthcare according to Medicare's Hospital Compare web site.

"I turn 60 in September, and at that point, I will have been in this role for 10 years," Rice says. "I have always felt this was the right time to make this life change for myself and my family. It will also be an ideal time to transition the leadership of our organization, which will provide exceptional care to our communities for decades to come."

Rice is weighing various options for his retirement years.

Rice joined Cone Health as a pharmacist. He held numerous leadership roles, including president of The Moses H. Cone Memorial Hospital and chief operating officer of Cone Health. Rice was named president and chief executive officer in 2004.



## Free mental health support available year-round

CHRONICLE STAFF REPORT

Those coping with mental health challenges do not have to suffer alone. The Mental Health Association in Forsyth County sponsors an array of client and family support groups that are designed to help share common experiences, exchange information, learn new information, develop appropriate coping skills and develop natural supports. All the support groups are free, confidential and led by trained facilitators.

The following groups are offered: (All are held at the Mental Health Association's 1509 S. Hawthorne Rd. headquarters, unless otherwise noted.)

- Anxiety Disorders Support Group for adults with anxiety disorders such as panic disorder, obsessive-compulsive disorder, posttraumatic stress and generalized anxiety. Meetings are held the second and fourth Thursday at 7 p.m.

- Schizophrenia/Schizo-Affective Disorders Support Group for adults with schizophrenia, schizo-affective disorder and other psychotic disorders. Meetings are held the second and fourth Thursday at 2:30 p.m.

- Speak Out! Support Group for teens ages 13-17 with any mental health

issue, including depression, anxiety, ADD/ADHD. Meetings are held the first, third and fifth Monday of each month at 6 p.m.

- Thrive Support Group for young adults – ages 18 to under 30 – with any mental health issue. Meets every second and fourth Tuesday evening at 7 p.m. at the Mental Health Association. (Thrive no longer meets at the YMCA.)

- Tides Mood Disorders Support Group for adults with any kind of mood disorder such as clinical depression or bi-polar disorder. The Friday 10:30 a.m. meetings are for anyone with a mood disorder or anyone with a mental health and/or substance abuse, addictive issue. Meetings on the first and third Tuesday at 7 p.m. are for adults with mood disorders.

- Triad Friends and Family for families who have loved ones with eating disorders such as Anorexia Nervosa or Bulimia Nervosa. Meetings are held the second Monday at 7 p.m.

For more information, contact The Mental Health Association in Forsyth County at 336-768-3880 or go to [www.triadmentalhealth.org](http://www.triadmentalhealth.org).



## Bethesda Center supports shelter

SPECIAL TO THE CHRONICLE

Bethesda Center, the largest homeless shelter in Winston-Salem, has received \$2,500 from the Food Lion Charitable Foundation to help new clients obtain access to healthy food and develop good eating habits. The agency says both are essential in aiding clients in leading productive lives and preventing long term homelessness.

"We are so thankful for this gift from Food Lion. It plays the role of a key component in Bethesda's coordinated strategy to break the cycle of homelessness for those clients who have been in and out of chronic homelessness," said Peggy Galloway, executive director of Bethesda Center. "This gift also sheds light on the important role that access to food and nutrition occurs in low-income families, not only in Forsyth County but also throughout the country."

The Bethesda Center, which was founded in 1987, has become a leader in caring for the community's most desperate homeless individuals. Its mission is to reduce homelessness by providing temporary shelter and support services to adults that result in independent living.



Galloway

## DCCC to host health careers job fair

CHRONICLE STAFF REPORT

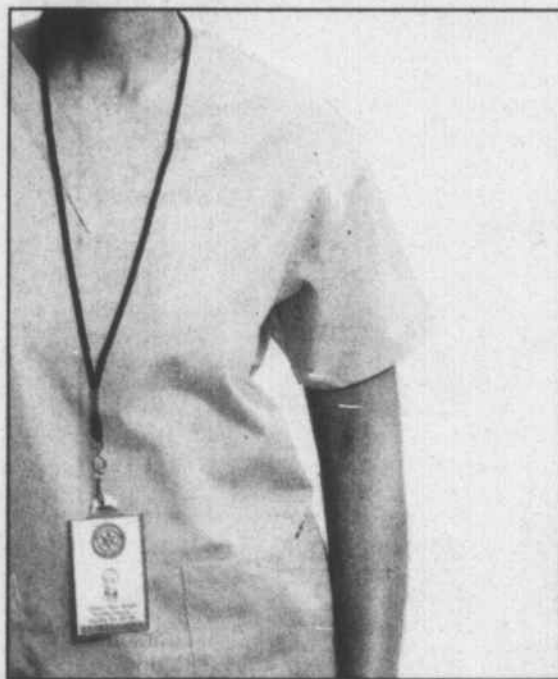
The Davie Campus of Davidson County Community College, in partnership with the Piedmont Triad Regional Council, will host a spring job fair March 11 from 9 a.m. to noon inside the campus's Davie County Administration Building, 1205 Salisbury Rd. in Mocksville.

The event, which is free and open to the public, is intended to provide qualified candidates seeking employment in the health care industry access to regional health care businesses that have current job openings.

"We are excited to host this job fair for our community members," Dean Teresa Kines said. "Local employers will have the opportunity to network with their colleagues, as well as market their companies, while potentially finding skilled workers to fill current workforce needs."

Participants will have the opportunity to speak with representatives from regional health care employers, meet with an academic advisor about certificate and degree options at DCCC and tour the on-campus state-of-the-art nursing lab. Resumes will be required for participants to enter the job fair.

Health care employers interested in participating should contact Janet Caudle at 336-224-4591 or [janet\\_caudle@davidsonccc.edu](mailto:janet_caudle@davidsonccc.edu).



## Agency gets Super Bowl shout-out

CHRONICLE STAFF REPORT

The Winston-Salem Rescue Mission (WSRM) increased its visibility early this month after a television ad touting the acclaimed Christian-based drug treatment agency aired on Super Bowl Sunday (Feb. 2).

In an ad for his 109 U Pull It, a local auto salvage company, Bob Young expressed his appreciation to the Rescue Mission for providing treatment to his son, Rob Samuel Young, last year and implores viewers to financially support the agency.

Rob Young passed away Jan. 9 at age 26. In addition to highlighting the Rescue Mission and touting the services offered at 109 U Pull It, the ad, which aired locally during the Super Bowl Pre-Game Show and halftime, paid tribute to Rob Young, who was an avid drag car racer. His racing car, topped with a spray of flowers and some of his trophies, is featured in the ad.

The Winston-Salem Rescue Mission posted the ad on Twitter and its Facebook page. It has received



Rob Young died last month.

nearly 20,000 views and generated scores of public support. Mission officials say they are very grateful for the donations and positive comments the ad has generated.

The Winston-Salem Rescue

Mission operates three residential recovery programs that provide treatment ranging in length from 90 days to 12 months. Through the Life Builders, Transformers, and Alpha Acres programs, the Mission helps men find recovery through a relationship with Christ, changing them from the inside out and providing them with the tools needed to become productive members of society. Young received help through the Alpha Acres program.

Many men have come through the doors of WSRM and have had Christ change their lives. Rob Young was one of these men, and the Mission is so thankful to have been able to minister to him and others.

In addition to residential services, the Mission also operates a 20,000-square-foot thrift store at 715 N. Cherry St., as well as a dental clinic, medical clinic, food pantry and clothing ministry that are open to the public.

For information or to donate in Rob's memory, visit [www.wsrescue.org](http://www.wsrescue.org) or [www.facebook.com/wsrescue](http://www.facebook.com/wsrescue).