

# WHAT'S HAPPENING AT CSC!

**KIDS FLU SHOTS**

Be Proactive!  
Get the Flu Shot  
Between  
Oct. & Nov.

SHOO AWAY THE FLU THIS SEASON!

Please call 843-309-8301  
to make an appointment.

Locations:  
Hartsville • Bishopville • Cheraw  
Society Hill • Chesterfield • Dillon  
Bennettsville • Latta • McColl • Lake View

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## COVID-19 FALL BOOSTER DOSES

Eligible patients may choose which vaccine they receive for their booster dose.

Bivalent Booster	When can you get the booster?	Who is eligible for a booster?
<b>Pfizer</b> Available at Hartsville & Bennettsville Pediatric Sites Only	2 months after Primary or Booster	Ages 5 to 11
<b>Pfizer</b> Available at Hartsville Site Only	2 months after Primary or Booster	Ages 12 +
<b>Moderna</b> Available at Bishopville, Chesterfield, McColl & Latta Sites Only	2 months after Primary or Booster	Ages 18 +

If you would like  
to make an  
appointment,  
please call  
843-309-8301.



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# careSOUTH carolina Patient Connect

CareSouth Carolina, serving your local area since 1980.

November 2022

## CareSouth Carolina is now offering COVID-19 Bivalent Booster Doses for children ages 5 -11



CareSouth Carolina is offering the COVID-19 Pfizer Bivalent Booster for children ages 5 to 11 at its Hartsville Pediatric and Bennettsville Pediatric sites only. The Pfizer booster is available to children 12 and older at the Hartsville site only, while the Moderna booster continues to be available to those who are at least 18 years old at the Bishopville, Chesterfield, McColl and Latta sites only.

These new boosters are called “bivalent” and provide protection against two different COVID-19 strains: the original and the highly contagious omicron variant. The single-shot bivalent boosters may be administered at least two months following the primary vaccination or booster.

Walk-ins are welcome at these locations, but if you would like to make an appointment, please call 843-309-8301. For a detailed list of days and times, visit the CareSouth Carolina website at [www.caresouth-carolina.com](http://www.caresouth-carolina.com).

## National Rural Health Day is November 17

National Rural Health Day is the perfect time to celebrate all of the wonderful things CareSouth Carolina does to serve its community. About 300 million people live in the United States today, and almost 60 million of them live in a place that is considered rural. People in rural areas generally live far away from services like healthy food, pharmacies, and healthcare.

NRHD is an opportunity to “Celebrate the Power of Rural” by honoring the selfless, community-minded, and determined spirit that prevails in rural America. NRHD showcases the efforts of rural healthcare providers, organizations and cooperatives, State Offices of Rural Health, and stakeholders from various industry sectors dedicated to addressing Social Determinants of Health and the unique healthcare challenges that rural citizens face today and into the future.

Community health centers like CareSouth Carolina play an important role in providing quality healthcare in communities with small populations that are geographically and often culturally isolated.

### MEDICAL LOCATIONS:

Hartsville • Society Hill • Bennettsville • Bishopville • Cheraw • Chesterfield • Dillon • Lake View • Latta • McColl

### PHARMACY LOCATIONS:

Hartsville • Society Hill • Bennettsville • Bishopville • Cheraw • Latta • McColl • Chesterfield

To make an appointment, please call 843.309.8301.

[www.caresouth-carolina.com](http://www.caresouth-carolina.com)

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## CareSouth Carolina welcomes Nichelle Bivens, LMSW, to Bennettsville



CareSouth Carolina welcomes Nichelle Bivens, Licensed Master Social Worker, to its Bennettsville office. Originally from Cheraw, Bivens said she decided to return to the area to practice because she is very family oriented and passionate about behavioral health.

"I loved the convenience of living in a city," she said about her time in Charleston, where she worked as an advocate in the Family Court System through the Guardian ad Litem Program, "but I missed the sense of connection to others that is associated with living in rural communities."

CareSouth Carolina Director of Behavioral Health Amy Cook says she is excited to have Bivens on staff. "She brings an abundance of knowledge and experience to CareSouth Carolina," Cook said. "We are lucky she chose to become a part of the CSC family!"

Nichelle Bivens, LMSW

Bivens began her career in behavioral health as a volunteer at age 19. "I was a volunteer victim advocate for survivors of domestic violence and sexual assault at the Pee Dee Coalition and eventually began working as a crisis counselor for children at a children's shelter in Charlotte," she said.

After earning her Bachelor of Arts degree in Psychology from Francis Marion University, Bivens served within Child Protective Services in the family preservation unit, "attempting to safely reunite children with their families once they have been removed from their home," she explained.

Bivens went on to earn a Master's Degree in Social Work from Tulane University in 2019, and worked with the ALPHA Behavioral Health Center in Chesterfield where she provided substance abuse and mental health counseling to children and adults.

"I am passionate about providing support and service to others, and helping to facilitate change. It takes a lot of strength to seek help, and I've seen the smallest of us struggle and work very hard to cope or change their situation and if I can play a small part in assisting them with this then count me in."

Outside of work Bivens enjoys reading, DIY craft and home projects, spending time with family and taking care of her chickens.

To schedule an appointment with Bivens, call the Bennettsville office at 843-479-2341.

## CareSouth Carolina has Immunizations Available to Defend Against the Flu



Flu season is here and healthcare officials are recommending getting the vaccine as soon as possible. "The best defense against the flu is the vaccine," said CareSouth Carolina Chief of Nursing Tracie Thigpen. "And the best time to get the vaccine is now. We have already had cases reported in South Carolina."

The flu is a contagious respiratory illness caused by the influenza virus and can be transmitted through close contact with an infected person. Symptoms may include a sudden onset of fever, cough, headache or muscle aches, tiredness, sore throat and nasal congestion. The flu can cause serious infections like pneumonia.

The Centers for Disease Control (CDC) recommends that everyone 6 months and older get a flu vaccine every season because it can reduce flu illnesses, doctors' visits, hospitalizations and has been shown to be life-saving.

Thigpen also advises those 65 and older get the high-dose vaccine that CareSouth Carolina offers.

To schedule your flu shot contact our office at 843-309-8301.

## November is Diabetes Awareness Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

Working with CareSouth Carolina healthcare professionals can offer you the personal care you need to help improve your health. And while it takes a team to manage diabetes, remember that you are the most important participant in your diabetes care. Learn as much as you can about your disease and talk with your provider about how you can get the support you need to meet your goals.

Research has shown that taking action soon after being diagnosed can help prevent diabetes-related health problems such as kidney disease, vision loss, heart disease, and stroke. Make sure to ask your CareSouth Carolina provider to monitor your blood glucose. Checking it regularly will help you to stay healthy.



**ALL CARESOUTH CAROLINA OFFICES WILL BE CLOSED ON THURSDAY, NOVEMBER 24 AND FRIDAY, NOVEMBER 25, 2022 FOR THE THANKSGIVING HOLIDAY.**