

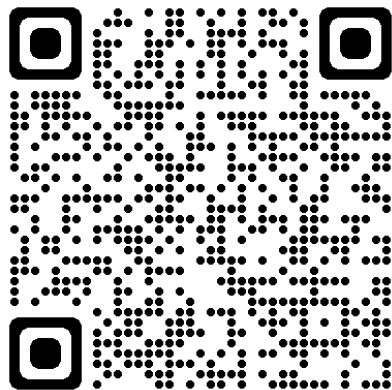
Pop-Up Event to be held in November



**We've
Missed
You!**

As COVID-19
numbers

continue to decrease in our area, we will be hosting our first ever ARCH Pop-Up Event on November 17th! Mark your calendars now to join us at Bourbon Bowl, located at 513 S. Elm Street in downtown Greensboro from 3:00 – 5:00pm! We look forward to sharing in food, fellowship, and fun with heavy hors d'oeuvres, drinks, bowling, door prizes, and more! RSVP using the QR Code below, or email bailey.joslyn@conehealth.com.



ARCH

Association for Retirees of Cone Health

Fall 2022

Welcome to the second edition of the Cone Health ARCH Newsletter! We hope this finds you well and provides meaningful content, keeping you connected with the latest news and happenings in and around the Cone Health Community!

Cone Health in the News: Heart Health Headlines

Cone Health Medical Group has received three gold American Heart Association achievement awards in recognition for its efforts to reduce the risk of heart disease and stroke. The awards recognize the practices for using the latest research to improve high cholesterol, Type 2 diabetes, and blood pressure management.



The Cone Health Heart & Vascular Center at Moses Cone Hospital has once again been awarded the Five-Star Distinction for Treatment of Heart Failure by Healthgrades. It is the only facility in the Triad with this level of continued excellence and has received this rating for nine consecutive years. “The key to living with heart failure is keeping it under control,” says Jake Hochrein, MD, medical director, Cone Health Heart & Vascular Center. “To do that, you want to work with a team with a strong track record over the long term. This recognition shows you can’t find a better team than the one at Cone Health.”

Women’s Only 5k Rescheduled



After several discussions with the City of Greensboro and the Greensboro Police Department, the 2022 race has been rescheduled due to inclement weather. The new date is Sunday, November 6th at the Cone Health MedCenter for Women, located at 930 Third St. Greensboro, NC 27405.

Registration is still available online, as well as on-site the morning of the event.

We hope that you can join us to inspire, empower, and celebrate each other!

SUNDAY, NOV. 6, 2022 SCHEDULE	
11:30 a.m.	On-site registration/packet pickup
12:30 p.m.	Exhibitors open
1 p.m.	Girls Only Mini-Race/On-site registration closes
2 p.m.	Pink Ribbon Partner Fun Run
3 p.m.	Women’s Only 5K
4 p.m.	Awards

Dr. Cagle Named 2022 Power Player

The Triad Business Journal’s editorial team recognizes our own Mary Jo Cagle, MD, CEO of Cone Health, as a key leader who has shepherded and executed game changing initiatives/developments that move the triad economy forward.

The annual selection aims to raise awareness in the community about efforts that are changing the region's landscape. It's based on efforts made over the past year, as well as ongoing initiatives.

Dr Cagle is recognized specifically for her openness to partnerships, like the one with Novant Health on HealthTeam Advantage. As well, she's seen as a leader in the renovation and construction of several projects across the Cone Health Network, including the 260,000 square feet of heart and vascular care at Moses Cone hospital and Alamance Regional Medical Center.



The Pickleball Craze

by Laura Fullman Brown, Sagewell Health & Fitness Aquatics and Recreation Manager

What in the world is pickleball? It is the fastest growing sport in the United States, according to the Sports & Fitness Industry Association, and has been for the past 2 years running. The sport has increased 40% since 2010 to a whopping 4.8 million players!

Pickleball is a unique sport. It is an interesting mix of many sports: Wiffle Ball (the ball has 26-40 holes); Badminton (same court); Tennis (the net); and the paddle (table tennis). This may be due to how it started. In 1965, Joel Pritchard, Barney McCallum and Bill Bell had very bored children one summer in Bainbridge Island, Washington. They had set up the Badminton set but alas, no shuttlecocks!! They asked their children to create a game with what they had available. They began with the badminton court and started trying different balls, rackets, paddles etc. and BOOM! Pickleball was born. The friends, Pritchard, McCallum, and Bell then took the experiment, came up with rules and standard equipment and by 1968 Pickleball, Inc. was founded.

The Pickleball craze really exploded during the pandemic because of the need for outdoor activities. This huge boost was aided by the fact that unused tennis courts easily could be converted to pickleball courts or even relined as multi-use courts. Local governments saw a wonderful, cost-effective way to get more people back into their parks and recreation facilities.

All of this success can be attributed to a few key things:

- A new player can start at their first intro or how-to-play class.
- Players of all ages and physical abilities can play together.
- It is relatively inexpensive to start.
- There is a very social aspect to the sport.
- Any experience with a racket sport translates to pickleball very easily.
- Advanced players are always challenged by the strategy of the game.



Pickleball has even grown enough to have two professional tours and a national league. The two associations are the Association of Pickleball Professionals (APP) and the Professional Pickleball Association (PPA). These two associations have thousands of tournaments each year, including the US National Tournament and US Open Tournament. Anyone can be a member!

What an amazing evolution from such a humble beginning. If you are looking to find another outlet for your fitness journey or just a way to make new friends while being active, Pickleball may just be the ticket. Sagewell Health & Fitness has two clinics in October (equipment provided). The pickleball court can be reserved at the Sagewell front desk. The pickleball net is set up from 10 a.m. to 2 p.m. on Wednesdays and Fridays and from 8 to 10 a.m. on Saturdays.

Remember, don't be in a fitness pickle. Pick up a paddle and have a ball! Sagewell Health & Fitness is looking to expand our pickleball program to include leagues and tournaments! Keep an eye on our webpage for new developments or email your interest to sagewell@conehealth.com.

Important Information about Medicare and Social Security

Don't forget! Medicare open enrollment is going on now and will end on December 7. For more information and to preview plans, visit [medicare.gov](https://www.medicare.gov)

Earlier this month, the Social Security Administration announced a big increase in Social Security benefits. Approximately 70 million Americans will receive a cost-of-living increase of 8.7%, effective January 2023. Learn more at [ssa.gov](https://www.ssa.gov).

12 Cone Health Nurses Make 2022 Great 100 List

A dozen Cone Health nurses were recognized in early October in Greenville, North Carolina, at the Great 100 Gala, as members of the newest class of Great 100 Nurses of North Carolina.

These nurses have been recognized by the North Carolina Great 100, Inc. for their professional ability and contributions they have made to improving the health of their communities. They work in a variety of roles at Cone Health including hospitals, outpatient clinics and clinical support.

"Today, nurses can find jobs anywhere. But they want to be a part of a team where they are respected, challenged, and nurtured to grow professionally," says Vi-Anne Antrum, DNP, RN, chief nursing officer of Cone Health. "Having so many Great 100 nurses over the years demonstrates the high regard and the opportunities we have for nurses at Cone Health," adds Antrum, who was named a great 100 nurses last year.

Nominated by their peers, recipients are selected to the Great 100 list based on evidence of superior practice, dedication to patients, community involvement and dedication to the discipline of nursing.

Congratulations To Our Cone Health Great 100 Nurses



Mary Bastin, RN



Megan Bullins, RN



Lindsey Causey, RN



Lindsey Crozier, RN



Kelley Duffy, RN



Roshanda Florance, RN



Genell Garland, RN



Kimberly Glover, RN



Judy Hanks, RN



Dana Herndon, RN



Kristie Holbrook, RN



Rhonda Rumble, RN



COVID-19 Updates

as of November 1, 2022

The number of COVID-19 cases throughout the U.S. now sits at about 265,893 cases per week. The case count statewide and locally continue to trend down slowly. Wastewater surveillance

for COVID-19 is also decreasing. The Omicron BA.5 subvariant represents roughly 50% of cases, while the BA.4.6 variant makes up 9.6% of cases. Prior infection with other variants of COVID-19 does not confer a sufficient degree of immunity; vaccination with new bivalent booster is recommended.

HAVE YOU GOTTEN YOUR COVID-19 BOOSTER?
 The updated, bivalent COVID-19 booster dose is now available! You are eligible to receive on two months after your last monovalent booster or primary series. The new bivalent vaccine can be found at local pharmacies as well as Cone Health Outpatient pharmacies.

Statewide, hospitalizations are trending downward, whereas Emergency Department and urgent care clinics are seeing increases in respiratory viruses. There are 43 Cone Health team members with COVID-19 this week, down from 56 two weeks ago.

On Oct. 12, 2022, the FDA and CDC authorized updated bivalent boosters for children as young as 5 years old: Pfizer bivalent booster for children ages 5–11 years old and the Moderna bivalent booster for children 6–17 years old. The bivalent boosters target the original virus that causes COVID-19 and the omicron BA.4 and BA.5 variants.

COVID-19 in the Community

County	Community Transmission	CDC Community Level	Reproduction Number	Testing Positivity (%)	Rolling Avg Cases per Day	Vaccination Rate (% of Population)
Alamance	Substantial	Low	0.90	6.19	17.00	63.6
Guilford	Substantial	Low	0.91	5.97	40.14	68.1
Randolph	Substantial	Low	0.92	8.18	12.57	46.7
Rockingham	Substantial	Low	0.90	5.93	7.14	53.8

COVID-19 in Our System (7-Day Rolling Averages)

Midnight Census	Admissions per Day	Discharges per Day	ED Encounters per Day	Testing Positivity (%)	Patient Age (Years)	Length of Stay (Days)
56.29	9	11.86	7.57	4	62.9	5.04
↓	↓	↑	↓	↓	↑	↑

We are excited to announce that AIG Retirement Services is now Corebridge Financial. Over the next several months, information regarding your Cone Health retirement plans will start to come from Corebridge Financial. It is important to know that nothing is changing with your Cone Health retirement plans or the financial professional team that services your plans. For more information, please visit corebridgefinancial.com/rs.





Cone Health Human Resources

1200 N Elm St

Greensboro, NC 27410

First Name Last Name

Street Address

City, State Zip

For ARCH-related inquiries, or story ideas for future newsletters, please contact Bailey Joslyn, Cone Health Retirement Specialist at bailey.joslyn@conehealth.com or (336) 832-8716

Gobble Up the Cuteness

Creative volunteers have made gifts for babies born on Thanksgiving Day. Turkey and other fall-themed fashions are ready to give families for the holiday.

We're just so THANKFUL for our volunteers helping our patients festively celebrate their newborn's arrival. Our 2021

Thanksgiving "model" was baby girl Eveliz! If you'd like to learn more about volunteering at Cone

Health (no sewing skills necessary!), please contact volunteer.services@conehealth.com.

