

JANUARY / FEBRUARY 2021

*Happy New Year!*

A Message From The  
**DIRECTOR**

As we embark upon the New Year, reflections of the previous year events will possibly have a momentous impact on what we resolve to move forward. Certainly, with the onset of the COVID-19 virus, so many rapid and necessary changes transformed and/or interrupted our day-to-day activities. The New Year 2021 presents an excellent opportunity for all of us to forget those things which are behind us and to press onward resolving to make a fresh start for all things great and small.

South Carolina &  
**COVID-19**

The key to making an informed decision is staying abreast of current education and information. In partnership with the South Carolina Department of Health and Environmental Control (SC DHEC), HOTL is available to provide education and technical assistance to you so that your faith-based leaders, congregational members, and community residents receive up-to-date education and information about the COVID-19 virus and vaccines, provide PPE, and other educational resources.

**Please call our office at (803) 461-3201 to schedule a session for your region, district, association, and/or congregation.**

**As of January 13, 2021, DHEC reported the following:**

New Confirmed Cases <b>4,673</b>	Total Confirmed Cases <b>332,990</b>
New Probable Cases <b>96</b>	Total Probable Cases <b>32,388</b>
New Confirmed Deaths <b>42</b>	Total Confirmed Deaths <b>5,402</b>
New Probable Deaths <b>9</b>	Total Probable Deaths <b>509</b>

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Healthy Heart

# RESOLUTIONS

What are some things you can do help your heart stay healthy?

- Vow to Reduce Stress
- Vow to Get More Exercise
- Vow to Eat Right for Better Heart Health
- Vow to Get an Annual Physical
- Vow to Get More Sleep



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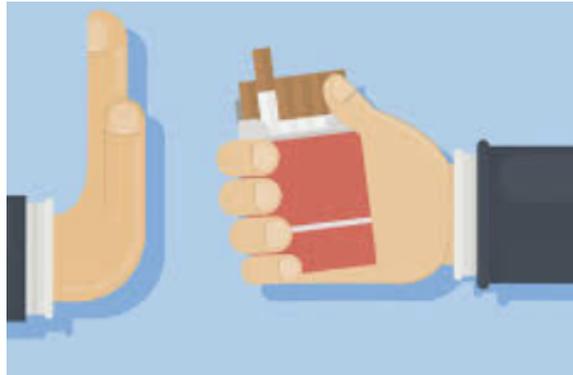


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## Quitting TOBACCO

With the stress of COVID-19 deciding to quit using tobacco could seem impossible. Just know, each day you

don't smoke is a small victory, and these small victories add up to a huge victory over time. Reach out to the SC Tobacco Quitline by calling **1-800-QUIT-NOW** or enroll online for free help.



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Need Further Assistance? Contact Us:

**Hold Out the Lifeline: A Mission to Families**

*Each One Can Reach One*

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