



520 SMITH CHURCH RD.  
ROANOKE RAPIDS, NC 27870  
PHONE: 252-535-1228  
FAX: 252-535-1344

325 NASH ST.  
ROCKY MOUNT, NC 27804  
PHONE: 252-446-9696  
FAX: 252-446-9697



# H.D. POPE FUNERAL HOME

Personal Service | Peace of Mind | Pleasant Memories

## September

National Hispanic Heritage  
Month (September 15 -  
October 15)

7 - Labor Day

10 - NFL Regular season  
begins

11- Anniversary of September  
11, 2001 terrorist attacks

13 - Grandparents Day

23 - Autumn begins

## Welcome to our New Staff Members!

We are excited to welcome  
two new members to our H.D.  
Pope Funeral Home staff.  
Lorraine High and Rodney  
Williams are now Associates at  
our Roanoke Rapids location.

Also, congratulations to  
Trinette Cherry on becoming a  
Funeral Director Licensee!

## Take a Loved One to the Doctor

by Sonya P. Pierce

In 2002, radio personality Tom Joyner established “Take a Loved One to the Doctor Day” (TALOTTD) with the purpose of encouraging African Americans to take more active roles in their health and the health of their loved ones. While the thought of going to the doctor can be nerve wracking for some, it is better to be proactive and receive preventative care. Early detection increases the chances of a disease being cured or managed.

Since its implementation, TALOTTD has grown into a regular health initiative. Specifically, it now includes “Wellness Wednesdays” to focus on health issues consistently.

Here are a few tips from the National Institutes of Health (<http://www.nih.gov/clearcommunication/talktoyourdoctor.htm/>) that can help you talk to your doctor and make the most of your appointment:

- ✦ Write down a list of questions and concerns before your appointment.
- ✦ Consider bringing a close friend or family member with you.
- ✦ Take notes about what the doctor says, or ask a friend or family member to take notes for you.
- ✦ Learn how to access your medical records, so you can keep track of test results, diagnoses, treatments plans, and medications and prepare for your next appointment.

- ◆ Ask for the doctor’s contact information and their preferred method of communication.
- ◆ Remember that nurses and pharmacists are also good sources of information.

### Remembering September 11, 2001

This year marks the 14th anniversary of the September 11th terrorist attacks. Those of us who are old enough to remember it can probably recall vivid details about that day. As a result of the senseless loss of so many innocent lives, the United States implemented many “safety” measures to better protect our country. During this tragedy, many Americans pulled together to help each other—even while risking their own lives. As we commemorate September 11 this year, let’s keep the spirit of servitude alive. Let’s work together to help those in need and make our communities better places.



### 3- and 4-day Getaways to the Bahamas

Check out the latest H.D. Pope Getaway. Cruise to the Bahamas for 3 or 4 days. Contact the funeral home for additional information.

### Pope’s Corner

At our Holiday Celebration, we acknowledged that economically, our country has made some progress. However, our counties and some of our families are still suffering. As a part of your family, H.D. Pope Funeral Homes would like to extend an offer to those who may or may not have life insurance or Preneed coverage.

For a limited time, anyone who opens a fully funded Preneed program through one of our in- house Preneed companies will receive a free casket. Please visit our Rocky Mount or Roanoke Rapids locations for more information.

To schedule a Preneed seminar, contact one of our offices.

#### H.D. POPE FUNERAL SERVICES

