



RGH Welcomes New CEO



David Brash,
FACHE, CPPS
Chief Executive
Officer

Dear Senior Friends,

I am honored to be welcomed as the new Chief Executive Officer of Raleigh General Hospital. While I may be new in

this role, I am no stranger to this community, I was born at RGH, and it is truly special to be back home. In just a short time, I've already had the joy of reconnecting with old friends and making new ones, and the warmth of this community has

been incredible.

Each month, I am inspired by the energy, wisdom, and kindness you bring to our gatherings. You remind us daily that wellness is not just about health care, it is also about friendship, shared experiences, and a strong sense of belonging. Our Senior Friends program is such an important part of what makes Raleigh General so unique. I look forward to supporting its growth and celebrating the friendships, learning, and fellowship it creates.

Thank you for allowing me to be part of your journey. I'm excited for the future we will share together.

Fit Club News



Left to right:
Nancy Bowman—Advanced
Kevin Taylor—Beginner
Gladys Elswick—Moderate

Our top finishers, from each category, are pictured left.

Nancy, a long time member, takes her dog Heidi, for two walks a day, clocking an average of 8 miles. Gladys is a swimmer and tracks her miles in the water, a fun and safe low impact workout. Kevin, new to Fit Club this year, is a hiker. He enjoys nature and visits different hiking sites. Come join them in April, when Fit Club starts back up in 2026.

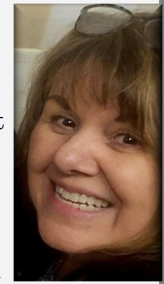
The 2025 Fit Club wrapped up September 16th, at the Black Knight Country Club breakfast meeting.

Ryan's Hope Grief Share Event

Senior Friends is proud to sponsor Ryan's Hope Grief Share. They offer a safe, comforting place where you can talk with others about your grief after the death of a loved one. November, 20th at 6pm, Ryan's Hope, invites you to a one night

special community event, "Surviving the Holidays" at Crab Orchard Baptist Church. Grief can be extremely hard during this time of year. For more information and to attend, contact Renee Lynch at 304-252-2610.

A word from the Director:



As I write this final newsletter of the year, I can't help but reflect on what a wonderful year it has been. Together, we've shared so many meaningful moments—from growing our meetings and welcoming new faces to staying healthy through our educational seminars, guest speakers, and visits from our doctors. We've also given back in big ways, raising funds for the Alzheimer's Association and the United Way.

I want to sincerely thank each of you for being a part our group. Your participation, your smiles, and your support have made all the difference—not just for me, but for everyone who has walked through our doors this year.

I hope along the way you've found something that has added joy and purpose to your life. Maybe it was a new friendship made at a meeting, a little extra strength gained from exercise, or the fun of one of our trips.

And if you're still looking for something meaningful, don't forget—volunteering is a powerful way to find fulfillment. I'm always looking for helping hands, so if you're ready to be part of something special, give me a call. We'll find the perfect fit for you.

As always, my wish for you is to live a happy, healthy and full life—one that is rich with friendships, laughter, and purpose. May the year ahead bring you new opportunities to grow, give, and shine!

Happy New Year!

Debbie Peyton, cdfs
Senior Friends' Director

Save the Date

OCTOBER <u>Health Fair</u> - Wednesday, October 15th <u>Senior Friends Cruise</u> - October 18—23	NOVEMBER <u>Meeting</u> - Wednesday, November 19th—Holiday Kick off <u>Wonderland of Trees</u> - Begins, Friday, November 7th, 9 a.m. at	the Tamarack Last day, to view trees, Friday, November 21st with the Tree Auction, starting at 6 p.m.	DECEMBER <u>Mystery Trip</u> Thursday, December 4th <i>Merry Christmas and Happy New Year!</i>
---	--	---	--

United Way's Wonderland of Trees



The United Way's Wonderland of Trees begins Friday, November 7th at 9:00 a.m. ending Friday, November 21st at the Tamarack. Tamarack's normal business hours are 9:00 a.m. to 7:00 p.m. (check with the Tamarack, for any schedule changes). The Wonderland of Trees is a magical fundraiser for the United Way, and nothing gets us into the Christmas Spirit quite like seeing the trees all lit up with sparkling lights. This year, the theme of our tree

is "An Old-Fashioned Christmas." We invite you to donate an ornament that reminds you of the good old days—something simple, meaningful, and full of heart. Our tree will be dedicated to Children everywhere, giving them a glimpse of what Christmas was like for us growing up. Through storytelling and a special contest, we hope to transport them back to a time of joy beyond screens and gadgets. Stop by our tree often, share in the holiday spirit, and let's create something truly special—together. Drop off your ornament, to us, at

the Health Fair, on October 15th, in exchange for a free meal ticket. If you can't make the health fair, drop off at the Senior Friends' office by Friday, October 31st and receive a Senior Friends' gift item of your choice. (Can't shop, donations appreciated and we will do the shopping.)

Call Debbie at 304-256-4275, if you want to help with this project. Please leave a message with your name, talent and phone number. If I can't answer, I promise to call you back!

- Debbie

Community Health Fair



**COALFIELDS
COMMUNITY
HEALTH
FAIR**

Call the Senior Friends' office, 304-256-4276 by October 10th, to reserve your lunch ticket, (if bringing an ornament). Not a member, get the benefits you've been missing, sign up at the health fair for only \$10.

**WEDNESDAY
OCTOBER 15
9AM-1PM**

**BECKLEY-RALEIGH COUNTY
CONVENTION CENTER**

STOP BY THE SENIOR FRIENDS' BOOTH for important updates on Medicare. Visit with our Senior Insurance Advisor, Mike Moore. Complete our game puzzle and enter to win prizes!

BRING A CHRISTMAS ORNAMENT, to the health fair, for our Old Fashion Christmas tree and get a free meal ticket to use at the fair (see above for details),

*Come dressed in 60's attire.
Groovy, can you dig it!*

If the weather is bad, stay safe, and stay home. YMCA cancellations, call the Y.

November Holiday Kick Off

Raleigh County Convention Center

Wednesday, November 19th

9am—10:30am Registration

**10am—11:30am Games and Holiday Bingo
to support the Alzheimer's Association**

**11am—Surviving the Holidays with:
Grief Support Counselor
Renee Lynch**



Renee Lynch

**Followed by—Jonathan Shockey
Therapy Services Director at RGH
& McKenzie Griffith,
Occupational Therapist
“Shake off the Blues-Get up off of your feet!”**

Noon—Special Holiday Lunch

Music by: DJ Mike

Dancing is always encouraged!

Come dressed in RED for best dressed contest!



**TALENT CONTEST:
BRING YOUR ARTWORK TO ENTER.**

Do you paint, carve, draw, sew, build? Whatever you do, we want to see it.

Call the office to reserve an exhibit space.

**People's Choice
Prizes for 1st, 2nd and 3rd**

Bring a friend, who is not a member, sign them up for only \$10. You can renew at the same rate.

Must be present with your friend at sign-up, to receive your discount form.

To this meeting please bring: Men's, women's or children's sweat pants or shirts. Winter coats, jackets, shoes, boots, gloves, hats or scarves. We can accept gently used, clean items for our clothing closet. Please do not bring any items not listed. Cash donations gladly accepted to purchase items.

Call 304.256.4276 to RSVP by November 14th.

Almost Perfect—Dancing with the Stars Recap

The results are in for Dancing with the Stars—and while we didn't walk away with the trophy, we sure let everybody know we were there!

Our team came out swinging with a hip-hop routine that set the tone, rolled right into a boy-band number (Rivers crushed it), and then Courtney had her big Britney Spears moment that had the crowd cheering. They wrapped it all up with a romantic Titanic piece that gave everyone chills.

The routine was tough, fast, and nonstop—and the judges had a hard time scoring it. We got one perfect 10 (yes, perfect!) and the other two judges couldn't quite settle between a 9 and a 10. So basically...we were sitting at about a 9¾. That's pretty close to perfect if you ask us!

But the real headline isn't about the scores—it's about the cause. We are thrilled to share that our team came in as the second-highest fundraiser, raising over \$86,000 for United Way! A huge thank you goes out to everyone who supported us along the way—from Ladies' Night Out to Bingo to basket chances and more. Every single bit made a difference, and together we made

something special happen.

At the end of the day, the big winners are United Way and the charities they support. Thanks to this event, even more people in our community will get the help they need. And that's something worth dancing about.

TEAM COURTNEY & RIVERS

Rivers Upchurch, with WVNS 59News, can be seen each week-night, as he anchors, the Evening News.

Courtney White is the Director of Marketing and Communications at Raleigh General Hospital, Watch for her on, "Ask the Doc".



Meeting cancelled, if school is closed in Raleigh County, due to inclement weather.

Senior Friends

1710 Harper Road
Beckley, WV 25801
Phone: 304.256.4276
RaleighGeneral.com

Office hours:
M-F, 9a—3p
Closed on meeting dates and holidays.
Notary services by Appointment on Fridays.



Exercise with Friends

YMCA Guidelines:

Membership Card and SF/YMCA
Membership Form needed for entry.
Only classes listed are covered.

YMCA WATER AEROBICS
MONDAY THROUGH FRIDAY
9:00 a.m. — 10:00 a.m.

YMCA STRETCH FLEX & TONE
MON, WED AND FRIDAYS
11:00a.m.— Noon

TONE & SCULPT
TUESDAYS AND THURSDAYS
11:00—Noon

CARDIO DRUMMING
FRIDAYS, Noon—1:00 p.m.

YMCA ZUMBA
WEDNESDAYS, 10:00-11:00 a.m.

YMCA OPEN TRACK WALKING
MONDAY—FRIDAY, 9 a.m.-Noon

COMMISSION ON AGING, age
requirement is waived for Senior
Friends' members. You must sign in
and show your Senior Friends' card.

COA GYM WORKOUT
MONDAY THROUGH FRIDAY
8:00 a.m. - 3:00 p.m.

COA EVENING YOGA
TUESDAYS AND THURSDAYS
5:00-6:00 p.m.

Support



Connect to the right care.
304.519.9210

ALZHEIMER'S SUPPORT GROUPS
Third Tuesday
Mabscott United Methodist
Church 5:30 p.m.

VA Medical Center at 1 p.m.
(for Vets and Family members only)

Contact: Donna Walker, RN, De-
mentia Coordinator, VA Hosp at
304.255.2121 ext. 4355 or email
Donna.Walker8@VA.Gov.

STROKE SUPPORT GROUP
Oct 17, Nov 21, and Dec 19
Raleigh General Education Bld.
Noon to 1pm
Call: Harley Manuel, Stroke Coordi-
nator, 304-256-4312 or
Email at Harley.fox@lpnt.net

RYANS' HOPE GRIEF SHARE
Crab Orchard Baptist Church
Thursdays 6pm-8pm
Hope & Healing after the death of a
loved one. Call Renee Lynch
1.304.800.7272 or 304-252-2610.

TRAVEL

SENIOR FRIENDS FIVE NIGHT BERMUDA CRUISE OCTOBER 18-23

2 per cabin: Interior rate
\$675 per person
\$310 each—Roundtrip Motor Coach
Full balance due to sign up.

Sold out—call for stand by only!

Day 1-Baltimore, Maryland, Day 2-At Sea, Day 3 & 4-Royal Naval Dockyard, Day 5-At Sea,
Day 6-Depart for Home

UPCOMING TRIPS WITH WESTFALL TRAVEL

- New York overnight, Dec 19-23
- New York City, Red Eye, Dec 26—28
- Washington DC, Red Eye, March 21-23
- Niagara Falls, NY Overnight, May 22-24

Call Christina Westfall at 304-553-7890 for details

SENIOR FRIENDS ONE DAY MYSTERY TRIP DECEMBER 4TH

\$149 per person
Full balance due at sign up.



Second bus added—seats available

FUN AND GAMES ON THE BUS WITH YOUR **SENIOR FRIENDS HOST**. SHOPPING, DINNER AND A SHOW INCLUDED. **WHERE ARE WE GOING???**
THE MYSTERY IS PART OF THE FUN.

Senior Friends
Friendly!