

Senior Friends' News

February 2021 Newsletter

Raleigh General Hospital Presents

This February, heart health is more important than ever. The COVID-19 pandemic has put a greater spotlight on our health and wellness, and heart disease can put you at higher risk for complications from COVID-19.

While we can't host our annual Heart Fair, or monthly Senior Friends' meetings, Raleigh General Hospital is excited to bring you along virtually for our Heart Smart Series and on TV for our Ask the Doc segments.

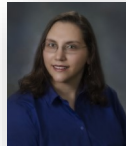
The *Heart Smart Series* will start in February. A video segment with be posted every week to our Facebook page and website. Join us each Friday for a new *Heart Smart Series* video at RaleighGeneral.com.

Ask the Doc is a medical educational program sponsored by Raleigh General Hospital and can be viewed on WVNS TV. Since February is heart month, all topics and questions will be about your heart. Questions will be reviewed and some answered on the air. You can submit your questions for Ask the Doc by email to: CherylMitchem@lpnt.net or leave a message for, Debbie Peyton at 304-

256-4275 or Courtney White at 304-256-4412. Along with your question, please leave your name and phone number. February segments, for Ask the Doc, will air on Tuesdays and Thursdays at 5pm and 10pm, Wednesdays and Fridays at 6am and noon.

You can also find our *28 Days of Heart* all month long to give you exercise tips, healthy recipes, key facts about your heart and other ideas to help you get started. Visit RaleighGeneral.com each day in February to learn something new to help you get a jump start on being *heart smart*.

February Ask the Doc's



Dr. Elizabeth Bass
Hospital Neurologist

Dr. Aldino Cellini
Invasive Cardiologist



Dr. Jhapat Thapa
Interventional
Cardiologist



A word from the Director

Dear Friends:

I love talking to you all. However, I miss seeing your smiles. When will we meet again is the number one question, I get each week. The answer is, "I wish I knew". Safety is the most important thing for us right now. I can't even pretend to have the answer. However, what I do know is we will continue to bring new things to you as we can. Just like the Heart Smart Series and the Ask the Doc.

I am so thankful to my co-workers, Cheryl Mitchem and Courtney White who are helping me to bring new events to you. We hope you will take the time to login to the Heart Smart Series this month and the 28 Days of Heart. We can't wait to get your questions for the Ask the Doc. This is another way to get you information to stay healthy and keep active.

I couldn't keep things going without my co-workers and volunteers. Right now volunteers are making calls to you for your ideas and comments. Please give us your feedback on what you want to see or things you can share to help others.

I have been getting a number of calls about the vaccine, if we will be giving it to our members. Right now we have to wait and see what the state is planning. I hope the information about the state pre-registration will help you. Make sure you get pre-registered to gain formation on clinics and get scheduled for the vaccine ASAP.

I hope everyone will take the time to educate themselves on the vaccine and get it as soon as you can. We have to get back to normal, and we all need to do our part. Remember, wear a mask, social distance and wash, wash, wash your hands!

I pray to see you all soon.

Debbie Peyton

Debbie Peyton, CDVS
Senior Friends' Director

Vaccination Pre-Registration

Currently, all West Virginians are encouraged to pre-register through the DHHR pre-registration system. Vaccine supplies are limited, so pre-registration does not mean immediate access to vaccination. Pre-registration offers West Virginians the opportunity to receive real-time updates on vaccine availability and facilitate appointment scheduling when available for you as supplies allow.

Vaccination scheduling will begin through the DHHR pre-registration system as we distribute our limited

supply of COVID-19 vaccines. The overlapping approach is based on the state's driving principles to build community immunity in West Virginia by protecting our most vulnerable, reducing deaths, reducing hospitalizations, and maintaining our critical services such as acute care.

To pre-register go to vaccinate.wv.gov or call the Vaccine Info line at 1-833-734-0965. Hours of operation for the Vaccine Info line: M-F 8am to 6pm, Saturday 9am to 5pm, closed on Sunday.



Happy Valentines day!

Safety Tip

Avoid bathroom hazards

Falls, burns, and poisonings are among the most common accidents involving older people. If you're an older adult living on your own, or care for an older person living alone, here's what you need to do to stay safe.

- Set the thermostat on the water heater no higher than 120° F to prevent scalding.
- Have grab bars installed in the shower and near the toilet to make getting around easier and safer.

- Put rubber mats in the bathtub to prevent slipping.
- If you are having a hard time getting in and out of your tub, or on and off the toilet, ask your provider to help you get a special tub chair or bench or raised toilet seat.

You can still enjoy a relaxing bath, just keep it safe!



Resource Numbers

- Alzheimer's 24/7 Helpline..800.272.3900
- Caregiver Helpline.....202.918.1013
- Commission on Aging.....304.255.1397
- Friendship Line.....800.971.0016
- Health Department.....304.252.8531
- Lewis Center.....304.469.3313
- New River Transit.....304.894.8919
- Poison Control.....800.222.1222
- Raleigh General.....304.256.4100
- RGH ER.....304.256.4180
- Salvation Army.....304.253.9541
- Senior Friends.....304.256.4276
- United Way Helpline.....411
- Women's Resource.....304.255.2559
- WV Covid19 Hotline.....800.877.4304

Flexibility is the Key to Good Health

As we age, we can lose mobility and strength. Staying flexible is possible but you have to move. Remember the saying your mother always told you, "use it or lose it"? Well, that saying is true when you are talking about flexibility.

Staying flexible, improves balance, decreases back pain, alleviates fatigue and even helps you feel clearer and sharper mentally.

Yoga is one of the best exercise plans you can do to help with flexibility. However, if you are not planning on taking up yoga, there are simple at-home stretches you can do that are ideal for helping you stay limber, comfortable, and flexible. They're also ideal for anyone who wants to prevent injury, stay strong, and enjoy a higher quality of life during the aging process. Here are a few basic stretches to try in the morning right after you wake up.

Morning Stretch by DAREBEE darebee.com Hold each move for 30 seconds

Shoulder stretch 1	Shoulder stretch 2 Each arm	Upper back stretch	Core stretch Left and Right
Hamstring stretch	Glute stretch Each leg	Quad stretch Each leg	Calf raise hold

YMCA

KICK BOXING

TUESDAYS AND THURSDAYS
6:00 -7:00 p.m.

A cardio **kickboxing** class is a **full-body** workout that engages every muscle group in **your body**, with a strong focus on **your core**. The rapid movements in cardio **kickboxing** also improve flexibility, balance, and coordination, and can help you build faster reflexes.

WATER AEROBICS

MONDAY THROUGH FRIDAY
9:00-10:00 a.m.

Water aerobics is a great way to improve your heart health. It can lower your blood pressure and your **“bad”** LDL cholesterol while raising your **“good”** HDL cholesterol. If you have diabetes, **water aerobics** can help you shed extra pounds while you stay cool in the pool.

ZUMBA

MONDAYS AND FRIDAYS
4:45 - 5:45 p.m.

WEDNESDAYS
5:30 - 6:30 p.m.

Zumba is a dance workout that’s great for all-over toning and fitness. You don’t need to be a great dancer just have fun and drag along all your friends! Come on and move to the beat.



Go Figure

\$50 gift card(s) awarded to the winners

January winners:

Gwendolyn Bias, John Ayers and Betty Meade

Valentine’s Fun and Games

1. Valentine’s Day is the second most popular day of the year for sending _____.
2. _____ is the symbol of Valentine’s Day. Over 50 million are given each year.
3. Cupid is the son of _____.
4. Richard Cadbury invented the first Valentine’s Day _____ in the late 1800s.
5. 220,000 is the average number of _____ on Valentine’s Day each Year.
6. The name Valentine is derived from a Latin word meaning _____.
7. On average, men spend \$_____ on Valentine’s Day. This is double the amount spent by women.
8. Every year thousands of Valentine’s Day cards are sent to Verona addressed to _____.
9. Valentine’s Day and Mother’s Day are the biggest holidays for giving _____.
10. The oldest known Valentine’s Day Card dates back to the 1400’s and is on display at the _____ in _____.

Mail all entries to the Senior Friends’ office.

In the event of more than three winners, a drawing, will be held to determine the prize winners.

January answers:

1.In Persia, 2.108, 3.Clue, 4.bishop and rook, 5.Monopoly, 6. Penguins, 7. Pac-Man, 8. Ryu, 9. Action, 10. Football

We’re Listening...

What you say matters and we want to hear from you.

That’s why you may have or will receive a call from one of our volunteers.



Let us know what you want to see from us:

- Trips you want to take
- New ideas for new programs
- Suggestions on current activities/programs

Let us know what you would like to share:

- What have you been doing to keep active
- What have you missed and hope to do again
- Your hope for the New Year

Karen Bennett, Volunteer, had a wonderful conversation with Emory McGuffin. (Emory gave us permission to use his name.) Karen stated, “My new Senior Friend Hero and Valentine is 84 year old Emory. He struggles getting out of bed and is in pain everyday but he keeps moving.” Emory said, “Senior Friends’ is such a wonderful thing, a place for older people to gather!” Emory, we miss you too and will see you soon! Keep moving!

Thanks to the Senior Friends’ Volunteers who are making these calls to you from their homes:

Karen Bennett, Nancy Bowman, Connie Filipek, Brenda Maynor, Pat Mitsyianis, Becky Stinnett, Connie Ray and Sandy Rose.

If you haven’t received a call and have something you want to contribute call the office at, 304-256-4276, leave your name and number. Senior Friends’ volunteers are checking messages and returning calls Monday—Friday, and will call you back!

Questions on trips call Laura Gooch at 304-320-3563
Monday—Friday, 9:30am—4pm

Senior Friends Raleigh General Hospital

1710 Harper Road
Beckley, WV 25801
Phone: 304.256.4276
(this is the only phone line monitored for messages)

Visit us on line at: www.raleighgeneral.com



Senior Friends' Travel for 2022



HOLLAND AMERICA'S KONINGS DAM
17 – DAY CIRCLE HAWAII
JANUARY 16 – FEBRUARY 2, 2022

Saturday, January 15 – depart from West Virginia to San Diego, CA. Actual schedule will be determined at a later date.

Sunday, January 16 – transfer to the San Diego Pier for our 17 day adventure to Hawaii. We will arrive in time to explore the ship, locate our stateroom, and relax prior to 4PM departure.

Date	Port	Arrive	Depart
Jan 16	San Diego		4:00 PM
Jan 17 – 21	Days at Sea		
Jan 22	Honolulu, Hawaii	7:00 AM	11:00 PM
Jan 23	Nawiliwili, Kauai	8:00 AM	6:00 PM
Jan 24	Lahaina, Maui	8:00 AM	8:00 PM
Jan 25	Kona, Hawaii	8:00 AM	6:00 PM
Jan 26	Hilo, Hawaii	8:00 AM	6:00 PM
Jan 27 – 31	Days at Sea		
Feb 1	Ensenada, Mexico	1:00 PM	11:59 PM
Feb 2	San Diego, CA	7:00 AM	



RATES PER PERSON:

\$300 per cabin to confirm stateroom.

Category	Deck	Double
J – Interior	Various	\$ 2,199
I – Interior	Various	\$ 2,250
E – Ocean view	Decks 1 & 4	\$ 2,599
D – Ocean View	Deck 7	\$ 2,650
C – Ocean View	Deck 1	\$ 2,699
VD – Balcony	Decks 5 – 7	\$ 3,099
VC – Balcony	Decks 5 & 6	\$ 3,150
VB – Balcony	Deck 4	\$ 3,199
B – Suite	Various	\$ 4,199

Payment in full due: **October 10, 2021**

Rates and Categories subject to availability.

Rates include Taxes, Port Fees & Expenses...subject to change.

Trip Cancellation Protection

Special services included in your price:

- * Signature Beverage Package
Unlimited soft drinks, specialty coffee & tea or non-alcoholic drinks or choose up to 15 alcoholic drinks per day
- * 2 Dinners PP in a Specialty Restaurant
- * Pre-Paid Gratuities, except for drinks

Additional travel expenses expected

Subject to availability—\$600 pp.

Air, motor coach transportation to departure airport, luggage handling at pier, overnight accommodations, transfers between airport/hotel & pier.

RESERVATIONS AND INFORMATION:

Laura Gooch, CTC - Group Coordinator
The Travel Corner – Phone: **304.320.3563**
Office Hours: M-F, 9:30a—4p