



## Weight-Loss Seminar

Is it time for a change?

Join us for a **FREE** Weight Loss Surgery Seminar



Register TODAY!  
304.461.3877



You deserve to live a long, healthy life! If you're ready to make a change, now is the time. Take the first step and learn about weight loss surgery. Speak directly with a provider at our free seminar January, 11, 25 and Feb 8, 22 at 1 pm, located in the Education Center behind RGH.

You must register to attend. Call 304.461.3877 to reserve your seat.



## Heart Smart Fair 2023

Always make your health a priority. Participate in this year's exciting activities and take steps towards a better lifestyle!

Join us for our Annual Heart Smart Fair at Raleigh General Hospital. There will be screen-

ings, education on diet and nutrition, our bariatric providers will be there to answer questions. Vendors and giveaways also included.

**Date:** February 10, 2023  
**Location:** RGH Education Center, located behind the hospital  
**Times:** 11a—3p

## Coalfields Community Health Fair

Spring into Wellness! Be a part of bringing annual wellness to our community as we share resources and network to provide health after Covid.

Sponsored by the "Beckley Partnership for Community Health" and their partners.

**Raleigh County  
Convention Center  
March 22, 2023  
10a—3p  
(times subject to change)**

Call the office, 304.256.4276 to RSVP, and tell us you are coming. Then, stop by the Senior Friends' booth on the day of the

fair, to pick up your free lunch ticket. **Free** lunches will be given for Senior Friends' members only.

This fair is open to anyone in the community. So, invite your friends, family and neighbors to get informed on health choices and take advantage of free health screenings.

Non-members who **attend** the fair and join Senior Friends will receive a lunch ticket and a discounted membership rate of only \$10, **that day only**. Let's encourage all to come and take control of their health in 2023!

### A word from the Director:



Hello:

Well 2022 left and I wish it had took Covid with it. However, it still lingers on along with lots of flu. So, we need to continue to be careful and practice safe precautions. Stay home if you are ill, try to distance in crowds and wash, wash, wash your hands.

I hope you will be healthy and able to attend our Heart Smart Fair in February and our Community Health Fair in March. Both of these events are currently in the planning stages and they will have a lot to offer you.

Once we tackle Winter we may be able to start back monthly meetings. It was great to see some of you during the ones we had last year at Daniel Vineyards.

The new year may have you thinking of change. If you want to get moving, get fit, socialize and do all this while helping others, give me a call. I am always looking for good people to add to our Volunteer team. You can apply on line at: [RaleighGeneral.com](http://RaleighGeneral.com), click on Patients & Visitors, click on Volunteer Application, fill out the form then hit Submit. It's that easy. Don't go online, simply give me a call!

*Debbie Peyton, EDVS*

*Senior Friends' Director*

# Safety Tip from Courtney White, Marketing Director



### Winter Safety Tip

#### **Illness, Medicines, and Cold Weather**

Some illnesses may make it harder for your body to stay warm.

Thyroid problems can make it hard to maintain a normal body temperature.

Diabetes can keep blood from flowing normally to provide warmth.

Parkinson's disease and arthritis

can make it hard to put on more clothes, use a blanket, or get out of the cold.

Memory loss can cause a person to go outside without the right clothing.

Talk with your doctor about your health problems and how to prevent hypothermia.

Taking some medicines and not being active also can affect body heat. These include medicines you get from your doctor and those you buy over-the-counter, such as some cold medicines.

Ask your doctor if the medicines you take may affect body heat. Always talk

with your doctor before you stop taking any medication.

Here are some topics to talk about with your doctor to stay safe in cold weather:

Ask your doctor about signs of hypothermia.

Talk to your doctor about any health problems and medicines that can make hypothermia a special problem for you. Your doctor can help you find ways to prevent hypothermia.

Ask about safe ways to stay active even when it's cold outside.

## Why Volunteer



Joyce Hill

Meet two of our amazing RGH Senior Friends' Office Volunteers. If you have ever called the Senior Friends office, you have probably talked to one of these ladies. They do everything; answer calls, process memberships, field questions and recruit for our program. Volunteers are the glue to our organization.

"I want to make sure I am putting my time to good use and I enjoy the contact I get with other people", says Joyce Hill about her time spent as a Volunteer. Pat Mitsoyianis added, "I love helping others and being a part of our Volunteer Team."

You want to join our team? Give us a call.

### Pat Mitsoyianis



## Need Support

### Alzheimer's Support Group

3rd Thursday at 2PM  
Raleigh County Commission on Aging  
1614 South Kanawha Street, Beckley  
For more information call Terri Tilley 304. 255.1397

### Alzheimer's Education

Access free Alzheimer's education programs in the comfort of your home. Visit Alzheimer's Education (type <https://training.alz.org/>) and find the most requested programs!

## Resource Numbers

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

**Take control of your health in 2023 and get the doctor you need by dialing ...304.519.9210.**

## EXERCISE CLASSES AND ACTIVITIES

### BOWLING

#### Monthly First WEDNESDAYS

1 p.m. at LEISURE LANES

\$6.00 for three games + shoes, wow what a deal! Plus, they have the best hotdogs in town!

### YMCA WATER AEROBICS

#### MONDAY THROUGH FRIDAY

9:00—10:00 a.m.

### YMCA STRETCH & FLEX

#### WEDNESDAYS AND FRIDAYS

10:30 a.m.—11:30 a.m.

### YMCA KICK BOXING

#### TUESDAYS AND THURSDAYS

6:00 -7:00 p.m.

A full-body workout!

### YMCA ZUMBA

#### WEDNESDAYS

10:00—11:00 a.m.

Zumba is a dance workout that's great for all-over toning and fitness.

### YMCA OPEN TRACK WALKING

#### MONDAY—FRIDAY

9 a.m.—11 a.m.

#### TUESDAY AND THURSDAY

EVENINGS, 5 p.m.—8 p.m.

Before starting at the YMCA, call for your SF Y Membership Form.

### COMMISSION ON AGING GYM

#### MONDAY THROUGH FRIDAY

8:00 a.m. - 3:00 p.m.

### COMMISSION ON AGING

#### EVENING YOGA

#### TUESDAYS AND THURSDAYS

5:00-6:00 p.m.

COA requirement of age 60, waived for Senior Friends' members.



## Are you suffering from SAD?

Seasonal affective disorder is a condition that typically occurs in the winter as daylight decreases, but there are individuals who have this problem in other seasons. Also known as SAD, seasonal affective disorder has several symptoms that include:

- Chronic fatigue
- Gaining weight
- Feelings of depression
- Feeling apathetic
- Irritability
- Mood swings
- Insomnia
- Loss of concentration

It is possible to have one or more symptoms from seasonal affective disorder, and the symptoms can change occasionally.

If someone has the symptoms of seasonal affective disorder, then they should visit their physician or a psychiatrist. There are certain criteria for diagnosing this condition, including:

1. Sleeping the majority of the time
2. Feelings of depression at the

same time each year

3. Gaining weight
4. Changes in mood
5. Avoiding social contact

A medical expert will want to perform laboratory tests to determine that you don't have an underlying condition such as anemia, cancer or diabetes mellitus. While depression and seasonal affective disorder have similar symptoms, SAD occurs at the same time each year and lasts for several weeks. Alternatively, depression will occur at different times and tends to last for several months or years.

Seasonal affective disorder is considered a major depressive disorder that occurs intermittently for at least two years. It is possible to have seasonal affective disorder with other mood conditions such as bipolar disorder, and this makes it more difficult to overcome the symptoms of depression and lethargy.

Many scientists believe that a lack of serotonin is the major

reason why someone develops seasonal affective disorder. Many individuals with seasonal affective disorder also lack melatonin. This chemical is produced by the pineal gland at night, but it isn't produced at normal levels in some individuals, leading to circadian rhythm disorders that are commonly associated with seasonal affective disorder.

There are several ways to manage seasonal affective disorder, but most individuals must use multiple methods to feel better. Experts recommend using a specialized light box that emits a high level of bright light that is similar to sunlight. In addition, taking dietary supplements such as melatonin or vitamin D is recommended.

A physician can also prescribe antidepressant medications to relieve some of the symptoms associated with seasonal affective disorder.

(Source: The Emergency Email & Wireless Network on Health)

*New year, new you. It's always good to have another chance to get it right!*

# Senior Friends

1710 Harper Road  
Beckley, WV 25801  
Phone: 304.256.4276  
[RaleighGeneral.com](http://RaleighGeneral.com)



## United Way

Thanks to those who contributed to our United Way Campaign.

Your generous giving increased our funds raised to almost \$1,500.

The winners of the Gift Card drawings are the following donors:

\$100 Winners—  
Alma Lowry and Robin Barker

\$25 Winners—

Marsha Cook, Alberta Lilly, Iris Lilly, Marlene Mays, Karen, McCray, Kendra, Meadows, Donnie Moorefield and JoAnn Poole

## December Caroler Winners

The Senior Friends' office wants to thank everyone who called in to serenade us with our favorite Christmas Carols. Here are the ones who called in first, showed off their vocal talent and received a \$25 gift card each day.

Monday, "[We Wish You a Merry Christmas](#)", Anna Ruble, Karen Walker, Robin

Barker, June Parsons and Patty Gray.

Tuesday, "[Jingle Bells](#)", Linda Day, Donna Jackson, Mary Ward, Alma Lowry and Tammy Dameron.

Wednesday, "[Rudolph the Red-Nosed Reindeer](#)", Cheryl Wilson, Melissa Waters, Judy Greybeal, Carman Toney and

Bonnie Pishner.

Thursday, "[Grandma Got Ran Over by a Reindeer](#)", Rita Smith, Amelia Chen, Lisa Payne, Nancy Bowman and Donna Viers.

Friday, "[Here Comes Santa Claus](#)", Betty Painter, Helen Riffe, Mabel Miller, Pat Mitsoyianis and Pat Darlington.

## Puzzle This **Send your answers to the office by March 1st to be entered to win!**

Unscramble the following to find, "The Signs and Prevention for Stokes"!

SIGNS:

1. ECAF PODOR \_\_\_\_\_
2. GOITVER \_\_\_\_\_
3. DESLRUR HSPCEE \_\_\_\_\_
4. DOOM GSINW \_\_\_\_\_
5. DENSUD FUSCONION \_\_\_\_\_

PREVENTION:

6. TACER TASF \_\_\_\_\_
7. TDON SOKEM \_\_\_\_\_
8. HEAYHTL TEID \_\_\_\_\_
9. CISEREXE \_\_\_\_\_
10. TIMIL LOHOCLA \_\_\_\_\_

**Word bank:** Don't Smoke, Exercise, Face Droop, Healthy Diet, Limit Alcohol, Mood Swing, React Fast, Slurred Speech, Sudden Confusion and Vertigo.

## New Year's Resolutions

The 10 most commonly broken New Year's resolutions are listed below in the most popular order:

1. Lose Weight and Get Fit
2. Quit Smoking
3. Learn Something New
4. Eat Healthier
5. Get Out of Debt and Save Money
6. Spend More Time With Family
7. Travel More
8. Be Less Stressed
9. Volunteer More
10. Drink Less Alcohol

I think there's just something about the new year that puts us all in a learning mood. So, let's all focus on #3, "[Learn Something New](#)". You are never too old to learn and it's just a fact, people get more interesting with age and knowledge!

Beginning with the April Newsletter, we will dedicate a new section to, "[Guess What I Just Learned?](#)" Call the office, write us a note, send pictures, whatever works best for you. Tell us about a new hobby, volunteer job, exciting adventure of learning or an interesting fact you just discovered. If you are picked, I will feature you in the SF Newsletter.

I hope you make great resolutions and make positive changes to your life. I'm so excited and can't wait to hear and learn from you!

*(Deadline to make the April News is March 15th) - Debbie*

Puzzle Winners: **November**—Gail Barthlett, Nancy Bowman, Teresa Epperley, Pamela Ford, Debra Keeton, Richard Lilly, Richard McGraw, Dan Meadows, Eva Mitchem and Roberta Profitt. **December**—Nancy Bowman, Marsha Cook, Tammy Dameron, Nereida Farley, Judy Graybeal, Richard McGraw, Stephanie McGraw, Pam McMillion, Roberta Profitt and Helen Riffe.