

Senior Friends' News

January 2021 Newsletter

Medical Update

Covid-19 Vaccine Q&A

- Q. I'm concerned that the vaccine was produced too quickly. How do I know it is safe?
- A. The U.S. vaccine safety system ensures that all vaccines are as safe as possible. Safety is the top priority while federal partners work to make the COVID-19 vaccines. "Operation Warp Speed" does not mean that manufacturers were able to skip steps in the vaccine development process. Instead, after development of the vaccine, manufacturers took a secured risk and overlapped the study, manufacturing and distribution phases. The FDA has committed to giving these vaccinations priority (not rushed) review at all phases of the studies. Ongoing monitoring of vaccine effectiveness and side effect reports will continue to be evaluated by the FDA and the manufacturers.
- Q. If I get the vaccine, do I still have to wear a mask?
- A. Yes, for several reasons, a mask and other proven methods of preventing COVID-19 (hand hygiene and social distancing) are still necessary even after receiving the vaccine. It typically takes a few weeks for the body to build immunity after vaccination. That means it is possible that a person could be infected with the virus that caused COVID-19 just before or just after vaccination. This is be-

cause the vaccine has not had enough time to provide protection.



- Q. If I have already had COVID-19 and recovered, do I still need to get the vaccine.
- A. Yes, at this time the vaccine is recommended even if you previously tested positive for COVID-19.
- Q. Can you contract COVID-19 by getting the vaccine?
- A. No. The vaccine is NOT a live vaccine, and it is NOT possible to contract COVID-19 from receiving the vaccine. Some people experience side effects from the vaccine such as headache, muscle pain, or fever—but that does not mean you have COVID-19. It means your body is working to build the necessary immunity against the virus.
- Q. How long after receiving both doses of the vaccine until it is considered effective?
- A. Similar to the flu vaccine, it typically takes a few weeks for the body to build immunity after vaccination.

For more answers go to the COVID-19 CDC website at www.cdc.gov/coronavirus/2019-ncov/vaccines.

United Way

Our United Way Drive ended on December 31st. Our drawings were held on December 20th from your mail in donations.

\$100 winners:

Linda Day

Lee Ann Okes
Marjorie Parker
\$200 winner:
Joyce Yeargan

Thanks to everyone who donated to this great cause.



A word from the Director

Dear Friends:

Have you ever heard the saying, people who live in glass houses shouldn't throw stones? It is a strong statement and one I try my best to live by. I try not to judge others or point out their shortcomings. We all have short comings and no one is perfect. However, I really try hard to do the right thing and believe me when I say, I know I'm not perfect.

During 2020 some things just didn't seem as important to me as perhaps they did to others. So, please overlook my short comings and I will overlook yours. Please know that I, like all of my co-workers and volunteers, are doing the best we can during a very difficult time.

This awful virus becomes too real when it infects someone you love. I am lucky, I have not lost someone close to me from Covid19. However, I am sure someone who is reading this now has suffered this loss. To you, I extend my love and deepest sympathy.

This year I have spent time crying, praying and laughing to keep from crying. I am lucky to have friends who I can vent to and they can vent to me. Remember, to take it easy on your family and friends during this time. We all are stressed and need support and forgiveness from the people we love.

It is my hope for 2021 that we will be kinder to one another. We need to look past our differences and see how we are all really just the same. We need to help each other, support one another and not throw those ugly stones. We have this one country, one world, one planet to get it right. Let's start 2021 with an open mind, this is my New Year's wish for us all.

Peace on Earth and good will to all men, women and children.

Debbie Peyton

Debbie Peyton, CDVS
Senior Friends' Director

Happy New Year!

Safety Tip

WINTER SAFETY

It is easy to slip and fall in the winter, especially in icy and snowy conditions.

Precautions to Take

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home, or hire someone to do it.
- Wear boots with non-skid soles – this will prevent you from slipping.
- If you use a cane, replace the

rubber tip before it is worn smooth.

- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

Injury While Shoveling Snow

It's one of the evils of winter – snow shoveling. If you choose to shovel, take some precautions. Remember, when it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have "thin bones" (osteoporosis).

Ask your healthcare provider whether shoveling or other work in the snow is safe for you.

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

New Year...New You...Let's get started

So, you don't do any exercise at all? That's okay, it is never too late to start. First, talk to your healthcare provider to decide what will work best for you. Consider any health concerns or problems you may have. Below are some talking points to get the conversation started:

- ◆ How often and how long can/should I exercise
- ◆ Is walking enough of a workout and how long and often should I walk
- ◆ What should my resting heart rate be for my age, weight and during exercise
- ◆ Can you recommend a

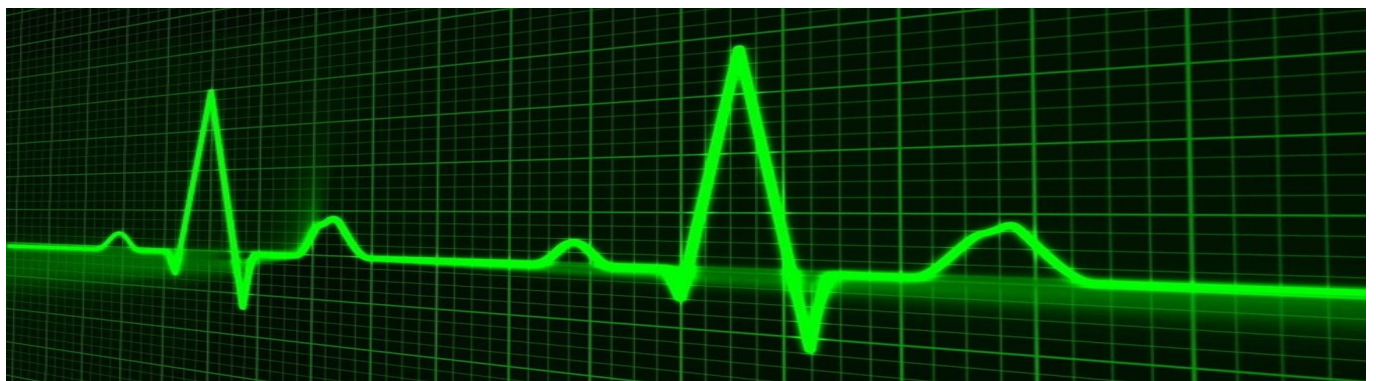
healthy life change diet to maintain or reduce my weight

After, you have picked the right plan make sure you know your heart rate. It is important you know both your resting and active heart rate.

To get your heart rate, locate your pulse and count the number of beats in 15 seconds. Multiply this number by four to get your exercise heart rate in beats per minute. The best time to get your resting heart rate is first thing in the morning even before you get out of bed.

Average heart rates by age:		
Age in years	Average maximum heart rate in beats per minute	Target heart rate range in beats per minute
45	175	88 to 149
50	170	85 to 145
55	165	83 to 140
60	160	80 to 136
65	155	78 to 132
70	150	75 to 128
80	140	72 to 124

Source: American Heart Association
 Medications can affect heart rates. Always check with your healthcare provider before starting an exercise program.
[Find out what your heart rate should be to avoid a heart attack or stroke.](#)



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 to do it and it is fun to drag along all your friends! Come on and move to that great beat.

Go Figure

\$50 gift card(s) will go to the winners

Fun and Games

1. Where did backgammon originate?
2. How many cards are there in a deck of Uno?
3. In which board game do you try to solve a murder?
4. In chess, the queen has the combined movement of which two pieces?
5. Which of these games includes the phrase “Do not pass go, do not collect \$200”?
6. The video game “Happy Feet” features what animals?
7. What classic video game requires you to eat all the dots throughout a maze?
8. Which Street Fighter character wears a white outfit and a red headband?
9. “Astro Boy” is what genre of a video game?
10. What sport is featured in the video game “FIFA”?

Mail all entries to the Senior Friends’ office.

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

Names of all prize winners will be published in the February Senior Friends’ Newsletter.

New Year’s Fun

Thanks to the Senior Friends’ members who mailed in prayers, poems and New Year’s resolutions. These two top favorites, **Lisa Payne and Karen McCray** receive a \$50 Visa Shopping Card each.

Our grand prize of a \$100 Visa Card goes to **Iris Lilly** for this prayer in her own words:

Heavenly Father,

Thank you for helping us make it through this difficult and frightening year. Thank you for carrying up through daily uncertainty, through difficult trials, and through the pain of lost loved ones. We are constantly aware of how much we need your grace, strength and power to help us through even the toughest days.

Father, fill us with the joy and peace that we can obtain only through your Spirit. Direct our hearts and minds toward you.

Thanks for being with us, both in seasons of celebration and of desolation. Thank you for never leaving us.

Thank you for your daily powerful presence in our lives, for the knowledge that your heart is toward us, your eyes are over us, and your ears are open to our prayers.

Thank you for surrounding us with favor as with a shield, keeping us forever safe in your care.

We ask you to hold us close to you today and every day of the next year, and we promise to keep you first in our hearts and lives. Without you, we would surely fail, but with you there is great hope.

Thank you for your healing power, thank you for bringing us into the New Year of 2021. With faith we look forward to all that you still have in store.

Amen



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 KONINGSDAM
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

Recommended, call for rates!

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