



Humane Society Donation



Pictured left to right SF Volunteers: Pat Mitsoyianis, Tammy Dameron, Melissa Watters, (Melodie Davis with the Humane Society) and Nancy Bowman.

Senior Friends gave over \$1,100 to help the Humane Society of Raleigh County. It took several fund raisers to earn this donation.

Thanks to our Senior Friends' members who donated at the July and August Senior Friends' meetings. You helped to make this donation possible.

A fund raiser at Raleigh General Hospital showed lots of support from the staff. RGH employees always support our program.

The fund raiser that raised the most money, was during the three days of the Mountain State Golf Tournament. We are so grateful to the golfers for their generosity.

All gifts, no matter how big or small, make a difference. Cat food, dog food, cat litter and much more is desperately needed.

For more information on how you can help call, the Humane Society at, 304.253.8921.

A word from the Director:

I remember my Mother telling me, "just wait until you get older, you will see how time flies". She was so right!

I've started to think more and more about what really makes me happy. What I really want to do and who I want to be around.

I have weekly movie and dinner nights with my brother, Gary. This is our time to relax and catch up with each other. This time is special to us both.

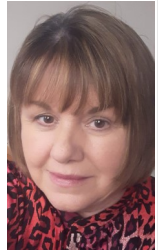
If you have someone in your life with whom you have been meaning to spend more time with, stop, make a plan and put it into action. Don't wait until it's too late.

I will always remember the last one on one conversation I had with my Mom. She told me to never have regrets. She was completely clear on this topic. She gave me examples, talked about what she was proud of in her life and how much she loved me. At the end, she simply wished me a happy life.

I think sometimes we forget what is really important. Some things that are important to some may not be as important to others. You really have to figure out for yourself what brings you joy. Then, you can look forward to happiness.

My wish to you, a happy life!

Debbie Peyton, cdfs
Senior Friends' Director



Helping the Commission on Aging



Left to right: Tammy Trent-COA, with Senior Friends' Volunteers; Tammy Dameron, Melissa Watters and Pat Mitsoyianis.

Senior Friends purchased a new treadmill for the Commission on Aging. The new machine is ready and available for all Seniors to enjoy. Stop by the exercise room and try it out. It's state of the art with new digital settings and display. The COA is located at 1614 S. Kanawha Street in Beckley. For more exercise opportunities, with your membership, turn to page 3. There is something for you to do every day M-F!

Safety Tip from the Marketing Director



Courtney White,
Marketing
Director

Cold Weather Safety for Older Adults

Living in a cold house, apartment, or other building can cause hypothermia.

People who are sick may have special problems keeping warm. Do not let it

get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Here are some tips for keeping warm

while you're inside:

Set your heat to at least 68–70°F.

To save on heating bills, close off rooms you are not using.

Close the vents and shut the doors in these rooms, and keep the basement door closed.

Place a rolled towel in front of all doors to keep out drafts.

Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.

Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.

When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.

Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.

Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat.

Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and others can cause carbon monoxide poisoning. The Consumer Product Safety Commission has information on the use of space heaters.

Need Support

Stroke Survivors Support Group

The Stroke Survivors Support Group, at Raleigh General Hospital is open to all stroke survivors and their families.

November 17th the meeting will start at Noon, lunch is included. December 22nd will begin at 11am with some Christmas activities for the group.

Come to the Education Center on the upper parking lot behind the hospital. Enter by Carriage Drive.

To Register, contact Harley Fox, Stroke Coordinator, 304-256-4312 or harley.fox@lpnt.net



Connect to the right care.
304.519.9210



Resource Numbers

Alzheimer's 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.....211
Women's Resource AWAY.....304.255.2559
WV Covid19 Line.....800.877.4304

Appreciate those in your life who truly Love you, Motive you, Encourage you

Exercise with Friends Every Week Day

BOWLING at LEISURE LANES

Monthly First WEDNESDAYS
at 1 p.m. \$6.00 for three games + shoes.



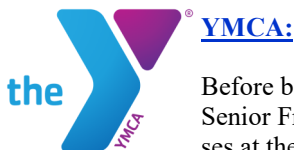
COA, age of 60, waived for Senior Friends' members. First time attending, you must sign in and show your Senior Friends' card.

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.



Before beginning Senior Friends' classes at the YMCA,

you must have a current SF membership and complete a SF/YMCA Membership Form. Then, take this form and your membership card to the Y for entry. If you need a form call or stop by the SF office. Your SF membership covers all classes listed in this newsletter.

Contact the YMCA, 304.252.0715, for any cancellations, in winter months, due to inclement weather.

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
5 p.m.—8 p.m.

HOLIDAY KICK-OFF

Turn in Lucky Eleven cards at this meeting. Drawings will be in the office, M-F December 4—18, winners will notified daily!

Wednesday, November 15th
Beckley/Raleigh County
Convention Center
9am—Registration opens
9:30am—Early Bird Bingo
with Fun and Games
11am—Guest Speaker:
Mike Moore with Medicare Updates
Door prizes and Lunch to follow

RSVP by Wednesday, November 8th.
Call the office at 304-256-4276
RSVP for 2, if you are bringing a guest!

To this meeting invite a friend to join Senior Friends. If they attend and sign up, they get a discounted rate of \$10 and you earn a free renewal!

Let's remember those in need. Please bring, items needed for **NICE Bags**. This benefits elderly and disabled adults in need.

Items needed: Soap (bar and hand), toilet paper, paper towels, sanitary cleaning wipes, Clorox/Lysol, kitchen towels, dish detergent, multipurpose cleaner, trash bags, Windex, laundry detergent pods, dryer sheets and hand towels. **Please only bring items listed as other things have already been funded. - No food products needed.**

DECEMBER FUN—Those were the good ol days...

How many times have you heard, "that was in the good old days"? I'm sure you have heard it when talking about happy memories from your past.

I have fond memories of playing in the snow and sleigh riding from morning to night. We would bundle up and look for an old tire to burn for warmth. Grab a sled or inner tube, as long as it went fast, it didn't matter what you had. Then, run off as fast as possible, without a care in the world. Man, those were the good ol days!

We'd love to hear, your favorite childhood memories. You might want to share a story about your parents or your children growing up. Call the Office and share one of those good ol times with us!

In the office, we will choose our favorite stories to published in the next newsletter.

The first caller will win a \$25 gift card as a special gift. So start reminiscing and get your story ready.

Start calling,
Monday, December 4th—
Friday, December 8th

The first caller of each day at **10am, 1pm and 3pm** will receive a \$25 gift card. Early callers will be asked to call back. Once we have a winner, we will let you know. However, we still would love to hear your story. Call the office at **304-256-4276**, only calls to this number will be eligible for the gift.



Senior Friends

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



Health Fair

230 Senior Friends' members attended the Health Fair held on Wednesday, October 4th at the Beckley/Raleigh County Convention Center. The Senior Friends' booth was busy all day. Everyone walked away with goodies and free gifts from our spinning our wheel!

A big thank you to all the Senior Friends' volunteers who worked our booth, (pictured left) Ellen Ingles, Melissa Watters, Nancy Bowman, Tammy Dameron (Debbie Peyton, Director) and Pat Mitsyianis. Also, a shout out to my co-workers from Raleigh General, Tammy Hall-Richardson and Courtney White, who put in lots of time to make this event happen!

These events are a great opportunity to talk one on one with health care providers, get free screenings and useful information. If you missed this one, plan to attend next year!



Pictured top left to right: #1.Senior Friends' booth, Ellen, Melissa, Nancy, Tammy, Debbie and Pat. #2-Brenda Kennedy & Sheila Martin with Anna Marie Lilly, RN from the ER at Raleigh General talking about Falls Prevention.
Pictured bottom left to right: #1-Participants were at the Senior Friends' booth all day! #2-Sara Lou Frank with her door prize win!

Raleigh General Welcomes New Surgeon

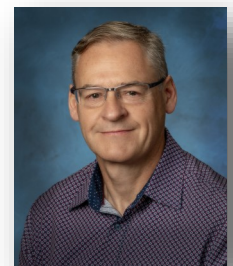


Mark Cooper, MD is a Board-Certified General and Thoracic Surgeon. He comes to our community from Huntington, WV.

Dr. Cooper specializes in surgeries of the chest and lungs. If you

need surgery or a visit due to chest diseases, your doctor can refer you to his office.

Dr. Cooper joins Raleigh Advance Surgery at 1717 Harper Road in Beckley.



Mark Cooper, MD

You will find me at Christmas Time?

1. I'm full of water and you have to shake me to get the full picture ____.
2. String and light me up ____.
3. I can be many colors and made of plastic or glass ____.
4. When I'm cooking it smells so good. You can hang me on your tree or enjoy me with a glass of milk ____.
5. Traditionally a silver coin is hidden inside me to bring good fortune to whomever finds it ____.
6. No matter what those elves tell you, I'm Santa's favorite and I'm the leader of the pack ____.



Mail your answers to the office by
December 10th for a chance to win!

Winners from last newsletter's puzzle, all received a \$25.00 gift card: