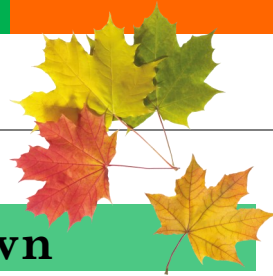


Senior Friends' Fall News

November 2020 Newsletter



Don't Let Your Guard Down

Yes, it has been over 6 months and we are still wearing masks. Well, at least I hope you are, while out in public settings. Also, when around people not living in your household and particularly where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and gas stations. Masks slow the spread of the virus and help people, who may have the virus and do not know it, from transmitting it to others. Please don't let your guard down and help stop the spread.

What we can do, is pretty simple, if we would all do it together for each other.

1. If you are notified that you were in close contact of someone who tested positive for COVID-19
 - Stay home for 14 days from the last time you had contact with that person. Stay away from others, especially people who are at higher risk for getting very sick from COVID-19.
 - Watch for fever (100.4 F), cough, shortness of breath, or other symptoms of COVID-19.

2. Get information about COVID-19 testing if you feel sick. It can take up to 14 days after exposure to the virus for a person to develop COVID-19 symptoms. A negative result before the end of a 14-day quarantine period does not rule out possible infection.
3. Disinfecting kills germs on surfaces. Cleaning alone does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection. If a surface may have gotten the virus on it from a person with COVID-19, the surface should be disinfected.
4. For the general public, wearing gloves is not necessary in most situations, like running errands. CDC recommends wearing gloves when you are cleaning or caring for someone who is sick. Gloves do not help if you touch your face. It is better to wash your hands often and after touching public surfaces.

Drive Through Flu Vaccine Clinic

Saturday, October 17th, Raleigh General Hospital held a drive-thru flu shot clinic on the hospital's upper parking lot. Over 50 members received the vaccine from the comfort of their own cars. Normally hundreds of our members are given the vaccine during our October meeting. Covid-19, forcing the cancellation of large gathering, has pushed us to become more creative.

Thanks to Matt Roberts—CEO, Aleisa Moye-Employee Health Nurse, Nancy Edwards-Infection Control Nurse, Amy Helton-RN, Heather Hill-RN, Courtney White-Marketing Coordinator, Scott Peyton-Quality and the Nursing Instructors and Student Nurses from Bluefield State College who, all helped make this event a success for our Senior Friends.



Top: Student Nurses from Bluefield State College, on the move, setting up for the clinic.

Bottom Left: Student giving vaccine
Bottom Right: Aleisa and Nancy



A word from the Director

Hello Friends:

I was having the best time Saturday seeing some of you at the drive-thru clinic.

I couldn't help but have fun while working with these great ladies. See me with my peeps below. (Left to right: Courtney White, Aleisa Moye, Me, Amy Helton and Heather Hill.)



Heather snapped this selfie of us between cars as we laughed and enjoyed the beautiful day.

What made it such a great day, was the people. Everyone was volunteering their Saturday to pull this drive together! I feel so lucky to have great support from our RGH team. It takes a lot of people when you plan events. It all starts with approval from my boss, Matt Roberts, who said, "yes we are giving flu vaccines to our Senior Friends!" Then, help from Maintenance, Housekeeping and the entire team who showed up that morning.

But, the real special part was you. The thanks, smiles and true kindness you gave back to us all!

Debbie Peyton

*Debbie Peyton, CDVS
Senior Friends' Director*

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Safety Tip

Tips for Driver Safety

Driver safety requires more than understanding road signs and traffic laws. As you get older, you'll likely notice physical changes that can make certain actions — such as moving your foot from the gas pedal to the brake pedal — more challenging.

1. Stay physically active—Staying physically active improves your strength and flexibility.

2. Schedule regular vision and hearing tests—Some senses, such as hearing and vision, tend to decline with age. Impaired hearing can be a concern for older drivers by limiting the ability to hear an approaching emergency vehicle or train

3. Manage medications—Many drugs — including tranquilizers, sleep and pain medications, and cold remedies — can affect driver safety, even when you're feeling fine. Don't drive if you've taken medication that

causes drowsiness or dizziness.

4. Understand your limitations— Consider your physical limitations and make any necessary adjustments. For example, if your hands hurt when gripping the steering wheel, use a steering wheel cover that makes holding and turning the wheel more comfortable.

5. Drive when the roads — and you — are in good condition—You can improve driver safety by driving during the daytime, in good weather, on quiet roads and in familiar areas.

6. Stash your cellphone and focus on the road—Driving while distracted is a frequent cause of accidents. Take steps before you go to ensure your ability to focus.

7. Update your driving skills—Consider taking a refresher course for older drivers. (AARP offers an online class go to; www.aarpdriverssafety.org to learn how.)

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

Keep Movin' - With Chair Exercises

20 chest expansions

20 side arm raises

10 dives

10 raised arm circles
5 clockwise / 5 counterclockwise

20 overhead punches

20 punches

Chair Exercises increase upper body strength.

Complete 3 sets of each exercise.

Make sure to rest, at least 2 minutes, between sets.

Don't push yourself to the point of discomfort. You will have more endurance in time.

Please check with your healthcare professional before beginning a new exercise program.

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.

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.

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.

RULES YOU MUST FOLLOW AT THE YMCA

Your Safety & the Safety of Others

We're all in this together. When you visit the Y, be sure you respect not only yourself but also the people around you. Because we have such a diverse membership base from young to old and everything in between, remember to do these simple things:

1. **WEAR A MASK.** Per the Governor's mandate, masks are required for you to enter. Remove your mask when you begin your

activity and put it back on when you are finished or talking with others.

2. **SOCIAL DISTANCING** must maintain 6 feet. The Y is the place to be to socialize and hang with friends. Please be considerate of others not in your group and maintain appropriate spacing while talking and working out. This is a big help!
3. **WASH YOUR HANDS.** Be sure to wash your hands before and after your workout, and any time after using the bathroom. Remember to also not touch your face. Be sure to sanitize everything you touch. Wipes available.
4. **MEMBERSHIP CARD.** You must show a current Senior Friends' membership card at the door.
5. **COVID-19 REOPEN.** For complete YMCA policy go on line to www.ymcaswv.com/covid-19-reopen.

Thanksgiving Idea



Submitted by:
Michael Harrison
"Fall Table Décor"

Get one small/medium sized pumpkin. Cut off the top and set aside. Scrape out the inside of the pumpkin to remove all the seeds and strings. Either gather from your own garden or buy small

bunches of mums, marigolds and any other flower that is an Autumn bloomer.

Take a toothpick and poke it about half way into the side of the pumpkin – take the top of the pumpkin that you cut off and place it on the toothpick so the top hangs to the side.

Arrange the flowers in the pumpkin – add some English ivy to flow over the sides for interest.

Fill the inside of the pumpkin half way with water and place your festive fall decoration on your Thanksgiving table to the delight of all for your holiday celebration!!!!

Contest for December; Christmas **idea???**, due by 11/20/2020. The winner will be published in the next newsletter & receive a **\$50 gift card**.

Go Figure

October Winner: **Patty Gray**

All correct entries (or the ones with most correct answers) will be entered in a drawing for a **\$50 gift card**. Write your answers on a separate piece of paper and return by November 20th, with your name, address and phone number to the Senior Friends' Office, 1710 Harper Road, Beckley, WV 25801.

Christmas Movie Trivia...to get you in the mood...

1. In the Christmas classic, "It's a Wonderful Life," what does a ringing bell mean?
2. In "A Charlie Brown Christmas", which Bible passage does Linus quote?
3. What movie introduced the song "Silver Bells"?
4. In "Meet Me in St. Louis," Judy Garland sings what classic Christmas song?
5. In "A Christmas Story" what happens to Ralphie's little brother Randy?
6. What actor played the conductor on "The Polar Express"?
7. In which movie did the song "White Christmas" debut?
8. Which actor voiced the chilly star in the 1969 animated movie "Frosty the Snowman"?
9. "Christmas with the Kranks" is based on a novel by?
10. What is the final line spoken in "National Lampoon's Christmas Vacation"?

October Sports Trivia Game Answers.

1. Eleven
2. Six
3. Serena
4. Uruguay
5. 1877
6. Michael Schumacher
7. Track and Field
8. Muhammad Ali

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



Visit us on line at: www.raleighgeneral.com

Senior Friends' Travel

All travel for 2020 had to be cancelled due to COVID-19. 2021 is still up in the air. However, what I do know for sure is we will travel when it is safe.

We will, have things to look forward too. So, start thinking about travel with Senior Friends. We are looking at all travel including cruises, once they have sailed, and come back with **no** COVID-19.

Now is the time for ideas. Where do you want to go? What's on **your** bucket list? I want to hear from you! It may not be until 2022, but **we will** travel again.

So, call the office with your travel ideas for:

- Cruises History Theatre
- Beaches Shopping Day/Local
- Mystery Kicking Back Discovery

Fit Club

How it all comes together...



Special thanks and recognition to **Pat Mitsoyianis** our Fit Club Coordinator. Pat has kept all the records of the miles and made sure everyone received their incentive gifts, sometimes delivering them in person! Pat (left) has taken on this role year after

year. She is a joy and a pleasure to have on our team. Thanks Pat for all you do!

Awards go to the three people who are 1st (the most miles) in each category, #1-Novice, #2-Moderate, #3-Progressive.

First Place Group 2: Glenna Honaker

Glenna is motivated to keep fit. Her main goal is to keep up with her granddaughter. Glenna and her granddaughter hike together. Their last hike was 7 miles long! Glenna loves to bake and the hikes help keep her weight in check.



First Place Group 3: Nancy Bowman (pictured above)

Nancy & her loyal companion, Gibbs, walk at least 6 miles a day, early morning & late evening. Nancy said, "We are so devoted to each other & without Gibbs, during COVID-19, I would have been a miserable soul." It is evident that they love each other & the outdoors.

How Far Did They Go

The Club wrapped up, at the end of September, with over **15,970** miles!



Fit Club Roster:

Karen Bennett	Brenda Maynard	Rick Rice
Mary Ann Bishop	Jim Maynard	Sandy Rose
Nancy Bowman	Karen Meadows	Arlene Russell
Theresa Burgess	Nancy Meadows	Linda Shaffer
Barbara Burns	Pat Mitsoyianis	Pam Taylor
Marquita Clay	Betty Painter	Mary Thompson
Donna Craighead	Jack Painter	Donna Viers
Eva Crouch	Herbert Payne	Clifford Washington
Pauline Davidson	Joann Poole	Eileen Washington
Glenna Honaker	Phyllis Ratliff	Melissa Watters
Karen Matson	Connie Ray	Cheryl Wilson



First Place Group 1: Connie Ray (pictured left)

Connie exercises for her health and fitness. She is not big on down time, instead enjoys keeping active, busy and spending time with family & friends. Connie is extremely organized. She is always working on projects & lending a helping hand.

Missed out on 2020 Fit Club? Sign up next May for 2021 Fit Club. Fit Club helps you to keep moving and earning incentive gifts along the way. Get ready, get set, let's go! The only thing holding you back is **YOU!**