

Senior Friends News

October 2020 Newsletter



Health Update/Breast Cancer

October is Breast Cancer Awareness Month. Here are some important things you need to know.

Breast cancer is the second most common cancer among women in the United States (some kinds of skin cancer are the most common). Black women and white women get breast cancer at about the same rate, but black women die from breast cancer at a higher rate than white women.

Men are not exempt from breast cancer. However, due to the infrequency of male breast cancer, much less is known about the disease. Similar to women, male breast cancer risk increases with age.

Signs and symptoms of Breast Cancer

- Painless lump in breast
- Lump or swelling to underarm lymph nodes
- Breast pain or heaviness
- Swelling, thickening or redness of the skin
- Nipple discharge

Any persistent change in the breast should be evaluated by a physician.

How is breast cancer diagnosed?

- Regular screenings before symptoms have developed
- Self screening and feeling a lump in the breast
- Mammogram

How is breast cancer staged?

- Situ stage refers to the presence of abnormal cells that are confined to the layer of cells where they originated.
- Local stage refers to invasive cancer that is confined to the breast.
- Regional stage refers to cancer that has spread to surrounding tissue and/or nearby lymph nodes.
- Distant stage refers to cancer that has spread to distant organs and/or lymph nodes, including nodes above the collarbone.

Make sure you do regular screenings to ensure early detection. People can visit www.cancer.org/breastcancer to find more information on every aspect of the breast cancer experience, from prevention to survivorship. The American Cancer Society also has a 24/7 helpline, just dial, 1.800.227.2345.

RGH Discounts Mammograms

To recognize Breast Cancer Awareness Month, Raleigh General Hospital is running a special offer for Mammograms (see enclosed flyer). People without insurance, or without preventive care coverage, often go without the early prevention care that a Mammogram can offer.

To schedule your screening:

1. Call your doctor for an order
2. Call Central Scheduling, 304.254.3000 at Raleigh General to book your appointment.
3. Bring your order with you, that day, or have your doctor fax it to 304.254.3004.



Thanks to our Volunteers, every person getting tested, during October, will receive a free pink mask!

A word from the Director

Hello Friends:

I was so excited to see some of you, on the 19th, at the Alzheimer's Promise Garden Ceremony. Flip to the last page to see how we did on our team donations or to find your pic or a pic of a Friend!

I will get a second chance to see you on October 17th, if you visit our Drive-thru Flu Clinic. Flip to the last page again to get the details. I am thrilled that we are able to offer this benefit while keeping you safe. Don't forget to wear your required mask, I will be wearing mine!

The November Newsletter will publish the results of our Fit Club. So, participates in the club, call the office with your final steps. I hope you are enjoying your incentive gifts and feeling great!

Covid-19 has pretty much made it impossible to do most of our regular activities. But, start thinking about the other side. When we get there, start to think about travel. Myself and Laura Gooch, our travel coordinator, are thinking about cruises and trips for 2022. Safety is my first priority, so it all depends on when we know it is 100% safe to travel, without the threat of Covid-19.

So let's look forward to better days ahead. Stay safe, wear a mask, social distance and wash your hands, so we can all meet again. I miss you!

Debbie Peyton

Debbie Peyton, CDVS
Senior Friends' Director

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We only have one life on this planet! Live the best life you can. Empower yourself & take care of your body, mind & soul. Also, please remember to love and take care of your neighbors. - From Me to You

Safety Tip

October is Fire Prevention Month

Knowing what to do in the event of a fire is particularly important for older adults. At age 65, people are twice as likely to be killed or injured by fires compared to the population at large.

Keep it low

If you don't live in an apartment building, consider sleeping in a room on the ground floor in order to make emergency escape easier.

Sound the alarm

The majority of fatal fires occur when people are sleeping, and because smoke can put you into a deeper sleep rather than waking you, it's important to have a mechanical early warning of a fire to ensure that you wake up. *You should*

have a working smoke alarm that is less than 10 years old on every level of your home and inside and outside of every bedroom.

Do the drill

Conduct your own, or participate in, regular fire drills to make sure you know what to do in the event of a home fire.

Open up

Make sure that you are able to open all doors and windows in your home. Locks and pins should open easily from inside.

Stay connected

Keep a telephone nearby, along with emergency phone numbers so that you can communicate with emergency personnel if you're trapped in your room by fire or smoke.

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 Steppin get up offa that thing

10 stretches that can be done throughout your day. Don't strain, you will become flexible with time.



1

Livin' On A Prayer
Palms together, fingers pointing up, push hands down.
10 seconds



2

Like A Prayer
Palms together, fingers pointing down, pull hand up.
10 seconds



3

Can't Touch This
Hands together, fingers interlaced, extend arms with palms reaching forward.
10 seconds



4

Thriller
Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.
10-12 seconds each side



5

Pump It Up
Arms above head, grab ahold or opposite elbows, lean side to side
8-10 seconds each side



6

Straight Up
Fingers interlaced, pull arms over head with palms reaching up.
10-15 seconds



7

I'm Your Boogie Man
Arms at sides, roll shoulders up and back.
3-5 seconds, 3 times



8

Get Back
Sit down, place hands on lower back for support lean back.
10-15 seconds



9

The Twist
Cross on leg over another, take opposite arm to knee, twist towards open side.
8-10 seconds each side



10

Shake, Rattle & Roll
Arms at sides, shake hands out.
8-10 seconds

Don't let your body get that stiff feeling. Take sometime to do a little moving and shaking throughout the day. Take it one step farther, wonder around your home, or take a stroll outside, from time-to-time.

Chronic condition, an injury, or balance issues? Talk to your doctor about how you should exercise safely.

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 foot. 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.

Yummy Time



Best Fish Dish by Nancy Bowman
Fish Tacos

Bake or Grill: Tilapia, White Fish or Salmon

If you bake: lightly drizzle fish with olive oil and top with a dot of butter, bake 375 for about 25 minutes, if you want it browned around the edges, you can broil for 3-5 min at the end.

Taco Sauce: ½ cup sour cream, 1/3 cup mayonnaise, 2 Tbsp. lime juice, 1 tsp garlic powder, 1 tsp Sriracha Sauce or to taste, whisk together to blend.

Toast the corn tortillas on a large dry skillet or griddle over medium/high heat, or just warm in microwave. Rub oil on tortilla.

To Assemble: start with fish, shredded purple cabbage, and/or lettuce, tomatoes, avocados, cilantro, Cotija Cheese (Mexican cheese), add your tomato sauce, salt and pepper.

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

(All entries are subject to publishing by Senior Friends)

Go Figure

September Winner: Karen Matson

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.

Sports Trivia Game...go figure!

1. How many soccer players should each team have on the field at the start of each match?
2. When Michael Jordan played for the Chicago Bulls, how many NBA Championships did he win?
3. Which Williams sister has won more Grand Slam Titles?
4. What country won the very first FIFA World Cup in 1930?
5. In what year was the first-ever Wimbledon Championship held?
6. Which racer holds the record for the most Grand Prix wins?
7. What sport was Jesse Owens involved in?
8. Which boxer was known as “The Greatest” and “The People’s Champion”?

September Geography Trivia Game Answers.

1. Chile
2. Alaska
3. Canada and USA
4. Vatican City
5. Asia
6. Wellington
7. The Sahara Desert
8. The Pyramids of Giza
9. The Nile
10. Agra

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



FLU VACCINES FOR SENIOR FRIENDS

Flu Vaccines will be given to SF Members by **appointment only, on Saturday, October 17th.**

Call the Senior Friends' office at **304.256.4276** by **October 15th**, leave your name and number. You will be called back with your appointment time (no make up days scheduled). A drive through clinic will be held on the RGH Hospital Parking lot. (Enter

by the stop light on Carriage Drive, pass the Emergency Entrance and parking area, turn on the upper parking lot.) Signage will be posted and staff volunteers will be there to guide you. So, call today. Drive through, **show your active membership card** and get the vaccine from the comfort and safety of your own car. I can't wait to see you. **Wearing a mask is required!** — **Debbie**

Walk to End Alzheimer's

How Did Our Team Do...

Saturday, September 19th we gathered for our **Promise Garden Ceremony** and to raise awareness through the community for **Alzheimer's**. The Raleigh General Hospital Medical Complex's front lot, was a **splash of purple**. Through the efforts of our team members, RGH sponsorship and other pledged donations we raised over \$12,000.00 to help **END ALZHEIMER'S**.

How it all comes together...

Special thanks and recognition to our Team Caption, Connie Ray. It takes a team to pull big things off. However, on every team you must have a leader.



Our star of this team is

Connie Ray (pictured right).

Connie worked all year long, not just for our team, but on the Alzheimer's committee, to make Events happen for everyone in Raleigh and Fayette Counties! Connie also facilitated our t-shirt fundraising project that raised over \$1,900.00.

Alzheimer's Resources

Go to www.alz.org to get help and education to deal with Alzheimer's. What to talk to a real person, pick up the phone and call the Alzheimer's Helpline at **800.272.3900**. You're not alone!



Pictured above: Senior Friends' members during the Flower Garden Ceremony. Each flower tells a story (read details below). Pictured left: Margot Basham lead the team to plant the garden. Margot raised \$1,275. She is our top individual fund raiser again this year!!!

We crown Margot, Queen of fund raising!

Orange Flower—Supports the cause, Purple Flower—Lost Someone, Yellow Flower—Caregiver, Blue Flower—Living with Dementia

Donations credited to our team through December. It's easy to give on line, go to www.Alz.org (click on Donate, click Donate to a Walker, Type Senior Friends in the team name box), or mail a check to the Senior Friends' office. (payable to Alzheimer's Asso.)