



End Alzheimer's

Join the Walk to End Alzheimer's to be held on Saturday, September 16th. Sign up today by calling the Senior Friends' office

Schedule of Events:

Check in for Walk Activities at 9 a.m. Then, join the Ceremony at 10 a.m. with the walk to follow.

Location:

The Raleigh County Convention Center located at 200 Armory Drive in Beckley.

Where do the funds go?

All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law.

Do I have to register in order to Walk?

Yes, we need to know you're walking with us and need every member to sign the waiver on the registration form. We have these forms in the office. So, give us a call and we will mail you the form or come by the office. There is no registration fee for the Walk. However, we ask every member to make a personal donation, of any amount they can give, to help in the fight against Alzheimer's.

How do I get a Promise Garden Flower?

Everyone at the Walk will receive a Promise Garden flower. Please choose the color that best represents your connection to the disease the day of the walk.

Blue represents someone living with Alzheimer's or another dementia

Purple is for those who have lost someone to the disease.

Yellow represents someone who is currently supporting or caring for a person living with Alzheimer's.

Orange is for those who support the cause and the Association's vision of a world without Alzheimer's and all other dementia.

Raleigh General Hospital and Senior Friends are sponsoring the Flower Garden again this year. We are committed and stand with the fight to help **END ALZHEIMER'S!**

One team fundraiser will be our RGH/Senior Friends' **END ALZ** t-shirts. Shirts will be available to purchase in the Office for \$20 each, while supplies last.

These purple shirts will show you are helping with the fight to **END ALZ**. Wearing the shirt will also help to raise awareness of this depleting disease!

Covid19 took our team out of the Walk for the past few years. Let's get back in the fight NOW! Call or come by the office to **donate** and/or **join our team**.

A word from the Director:

Some of you may not be aware but Alzheimer's took a very special person out of my life, my father. My Dad was a mountain of a man. He was very fit and athletic in his day. WVU football was always on the TV along with Pro-football and basketball when I was growing up. One of my favorite memories, was going to Golden Gloves Boxing at the Armory with Dad. I was a big Tomboy and always ready to tag along with him to any sporting event.



Wilbur Reed was a retired Marine and Coal Miner. So, you know he was a tough, Son of a Gun. Alzheimer's was one of the worst things that could have hit our family and rob us of Dad.

I felt like he was taken away twice. First, to this horrible disease that makes you forget how to do day to day things. How to walk, talk and eat. You can't remember your wife of over 50 years of marriage. You can't remember your children and he couldn't remember me. Then, I lost him again, when he past away. I mourned twice.

I tell you this because Alzheimer's is not forgetting where you put your car keys, it is devastating. Please help us with the fight!

Debbie Peyton, eds
Senior Friends' Director

Safety Tip from the Marketing Director



Courtney White,
Marketing
Director

Disaster Preparedness

The United States observes National Preparedness Month each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The Ready Campaign's 2023 National Preparedness Month campaign will focus on preparing older adults for disaster, specifically older

adults from communities that are disproportionately impacted by the all-hazard events, which continue to threaten the nation.

- Plan how you will communicate if you have a communication need.
- Plan for food, water, and essentials for you and pets or service animals.
- Plan for your transportation if you need help evacuating.
- Include medicines, medical supplies, batteries, and chargers.
- Plan how you will evacuate with any assistive devices.

- Make copies of Medicaid, Medicare, and other insurance cards.

What to Include in an Emergency Preparedness Kit

- Contact information for important people and care providers.
- A list of medicines you need, dosage instructions, and any allergies.
- Contact information for your durable medical provider.
- Need-to-know information for first responders and others who might need to help you.

Need Support

Stroke Survivors Support Group

The Stroke Survivors Support Group, at Raleigh General Hospital is open to all stroke survivors and their families. Meetings are held on Fridays at Noon

on **September 15, October 13 and November 17**, lunch will be served.

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

Live your best life after a stroke.



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.....411
Women's Resource AWAY.....304.255.2559
WV Covid19 Line.....800.877.4304

Safety first please, because injuries last!

Exercise with Friends

BOWLING

Monthly First WEDNESDAYS

1 p.m. at LEISURE LANES

\$6.00 for three games + shoes

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 THURDAY

EVENINGS, 5 p.m.—8 p.m.

Before starting at the YMCA, call the office for your SF YMCA Membership Form. Your SF membership covers all classes listed in this newsletter.

COMMISSION ON AGING GYM

MONDAY THROUGH FRIDAY

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

EVENING YOGA

TUESDAYS AND THURSDAYS

5:00-6:00 p.m.

Held at Commission on Aging
Commission on Aging, age of 60,
waived for Senior Friends' members.

Flu Vaccine Clinic

Drive-Through Flu Shots

When: Saturday, October 14th

Where: Behind Raleigh General

Times: 9am—noon



Enter from Carriage Drive, go behind the hospital and look for the signs. Stay in your car and drive through the upper parking lot.

Bring your Senior Friends' Card

Call the office now, 304-256-4276, for an appointment!

September Meeting



Let's all gather, last outdoor meeting this season!

Wednesday, Sept 20th at Daniels' Vineyards.

9am—Registration,

10am—Early Morning Games & Prizes

11:30am—Guest Speaker

Dr. Lynnetta Faith Payne,
Urologist with Advanced Urology

Door prizes and Lunch to follow

To this meeting invite a friend, who is not a current member, sign them up for \$10, you get a free renewal & thank you gift! Bring, back to school items to help children in need. Items to bring: art supplies, notebooks, automatic pencils, pens, scissors, rulers, erasers, folders, crayons and backpacks (gently used backpacks are fine).

RSVP by Wednesday, September 13th, 304-256-4276

October Health Fair

Coalfields Community Health Fair

Where: Raleigh County Convention Center

When: Wednesday, October 4th

Time: 9am—1pm

Stop by our booth, the day of the fair, to pick up your free lunch ticket, Senior Friends' members only.

This fair is open to everyone. Invite your neighbors, family and friends to take advantage of the free health information and screenings. Non-members who attend and join Senior Friends will also receive a free lunch that day.

RSVP by Wednesday, September 27th, 304-256-4276, to reserve your free lunch.

Mountain State Golf Classic

Thanks to our sponsors:

Little General

**Raleigh General Hospital
Jan Care Ambulance**

United Bank

Beef Jerky Outlet

L&S Toyota of Beckley

Loot Press

Gift and Hole Sponsors:

ACT Auto

Advanced Urology

Aflac Insurance

Anew You Massage

Beaver Coal

Blue Ridge Funeral Home

Brand RPM

Carl Lawson Cancer Center

Chick-fil-A

Childers Enterprises

Cloud's Clothing

Cramer Security

Crossroads Chevrolet

Design's by Barb & James

Flying Mountain Signs

Fujiyama

Golden Corral

Hilltop Coffee

Jenkins Delivery

Leisure Lanes

Moore Insurance

Mountain State Electric

Olive Garden

P&M Development

R.T. Rogers

Raleigh Advanced Surgery

RC Memorial Airport

Raleigh GI Care

Raleigh Orthopedics

Rhonda's Home Health

Right at Home

Rose & Quesenberry

Serv Pro of Beckley

Sheets Chrysler

SM Consulting

Vaught Neurological

WC Hydraulics

Wickline Insurance

Fit Club



Fit club sprung into action in May and will wrap up at the end of September. If you are tracking your miles, remember to call the office with your total to win your prizes.

The top person in each category will be announced in the next newsletter. However, don't stop moving, walking, biking, swimming or whatever you do to keep in shape.

Planning underway for Holiday kick off, November 15th.

**SAVE
THE
DATE**

Senior Friends

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



Prostate Cancer



What is Prostate Cancer?

Prostate cancer is a form of cancer that develops in the prostate. It is the most common type of cancer found in American men, other than skin cancer, and it is the second leading cause of cancer death in men. One man in six will develop prostate cancer in his lifetime, and one man in 36 will die of the disease.

What Causes Prostate Cancer? Prostate cancer is caused by certain changes in the DNA of a normal prostate cell. DNA makes up our genes, which control how our cells behave. DNA is inherited from our parents and, as such, a small percentage (about 5 to 10 percent) of prostate cancers are linked to these inherited changes. Other DNA changes naturally occur during a person's lifetime.

What Are the Risk Factors for Prostate Cancer?

According to the American Cancer Society, the following risk factors are associated with prostate cancer:

Age: Age is the strongest risk factor for prostate cancer. The chance of getting prostate cancer goes up quickly after a man reaches age 50, and nearly two out of every three prostate cancers are found in men over the age of 65.

Race: Prostate cancer is more common in African-American men than in men of other races. African-American men are also more likely to have a more advanced disease when it is found and are more likely to die of the disease. Prostate cancer occurs less often in Asian-American and Hispanic/Latino men than in non-Hispanic whites.

Nationality: Prostate cancer is most common in North America and northwestern Europe, and less common in Asia, Africa, Central and South America. More screening (testing of people who don't have any symptoms) in some developed countries may, in part, account for this.

Family history: Men with close family members (father or brothers) who have had prostate cancer are more likely to get it themselves, especially if their

relatives were young when they developed the disease.

Genes: Scientists have found some inherited genes that seem to raise prostate cancer risk, but they likely account for only a small number of overall cases.

Diet: Men who eat a lot of red meat or high-fat dairy products may have a greater risk of developing prostate cancer. These men also tend to eat fewer fruits and vegetables. Doctors are not sure which of these factors causes the risk to go up.

Obesity: While the link between prostate cancer and obesity is still being researched, some studies have found that obese men may be at greater risk of having more advanced prostate cancer and of dying from prostate cancer.

Exercise: Exercise has not been shown to reduce prostate cancer risk in most studies, but some studies have found that high levels of physical activity, especially in older men, may lower the risk of advanced prostate cancer.

Smoking: A recent study linked smoking to a small increase in the risk of death from prostate cancer. This is a new finding and requires more research.



Can you complete or fill in the blanks for the Fall facts below?

1. Besides America what other country calls Autumn Fall?
2. The _____ is full and brightest in Fall?
3. Autumn was once call _____.
4. Bobbing for Apples was invented by who?
5. The Autumn Equinox normally lands on what day in September?
6. It is believed that babies born in Fall live longer. Why? _____
7. Fall colors depend on how much _____ is in the leaves.

Send your answers to the office by October 10th for a chance to win!

Winners will be in the next newsletter!

Winners from last newsletter's puzzle, all received a \$25.00 gift card: Gwendolyn Bias, Nancy Bowman, Jamie Carr, Debbie Colo, Pamela Knight, Patty Lively, Shelba Nickoson, Roberta Profitt, Tammy Trent and Mary Ward.