



**Inviting the best possible providers** into our community and supporting them is essential to ensuring access to high quality care. This year, we added providers in general surgery, podiatry, cardiology and neurology.

**By continually investing in our facilities**, we're helping to ensure that we continue to meet our community's healthcare needs. This year's investments included renovations of our Cath lab and our pharmacy, and a new medicine management system.

**We strive to create an environment** where talent is recognized, job satisfaction is valued and our employees can effectively use their skills to provide high quality care and service.

**Delivering care to all of our neighbors**, regardless of their ability to pay, is foundational to our mission and our commitment to our community.

**We are proud to be a leader in our region**, and our dedication to ensuring fiscal responsibility extends both to our hospital and to our community.

## Sponsorships and Donations

It was our pleasure to be able to support the following activities and organizations during the past year:

- Active Southern West Virginia
- Alzheimer's Association
- American Red Cross
- Beckley-Raleigh County Chamber of Commerce
- Boy Scouts
- Brian's Safe house
- First Tee
- Hospice of Southern WV/ Bowers Hospice House
- Just For Kids
- Mountaineer Youth Sports
- Raleigh County Shop with a Cop
- Raleigh, Fayette, and Wyoming County Schools
- Solid Waste Authority Recycling Program

- United Way
- Veterans of Foreign Wars
- West Virginia School of Osteopathic Medicine
- West Virginia University Institute of Technology Alumni Association
- Women's Resource Center
- YMCA

## Economic Impact

- Charity and other uncompensated care \$18,184,906.00
- Community benefit programs \$1,086,194.00
- Taxes paid \$12,491,728.00
- **2021 Total Impact \$31,762,828.00**

### A word from the Director:

I was thrilled to see some of you on July 13th at Daniels' Vineyards. Please mark your calendar and save the following dates for more fun with friends!



- ◆ **August 31st**
- ◆ **September 28th**
- ◆ **October 26th**

Call now to reserve for these three events. Turn to page 3 for more details on the upcoming August and September outings. More info to come in the next newsletter on the Octoberfest! I am planning our meetings outdoors for safety and health reasons. I'm taking extra precautions by requiring the Covid-19 vaccination.

I hate it, but group travel is not something I am planning at this time. Due to health risks and cost it is not something we can offer. Your safety, health and satisfaction is way too important to me. I can't guarantee any of these, so we will not be doing any Senior Friends travel.

In my next newsletter look for members' pictures who have attended the outings. Hey, you might just see your smiling face looking back at you! Let's remember to be safe, be caution and be kind to each other. I hope to see you soon!

**Debbie Peyton, eDVS**

*Senior Friends' Director*

# Safety Tip from Courtney White, Marketing Director

## Water Safety

Nothing feels better than a dip in the water in summer, but it's important to keep your safety in mind at all times. Every year in the U.S. there is an estimated average of 11 drowning deaths per day and an estimated average of 22 non-fatal drownings per day.



Drowning can happen in seconds and is often silent. And even non-fatal drowning can result in very serious injuries, permanent disabilities and long-term health problems.

Like heat-related illness, drowning can be prevented. Be it poolside, lakeside or beachside, the tips listed below are key to ensuring a fun, safe summer for all:

- Only swim in designated areas supervised by lifeguards.

- Always swim with a buddy, especially if you have a seizure disorder or other medical condition that increases your risk of drowning.

- Never dive in the shallow end of a pool.

- Designate a responsible adult to supervise children closely and constantly when they are in or near water (including bathtubs).

- Make sure young children and inexperienced swimmers always wear U.S. Coast Guard-approved life jackets around natural water and swimming pools.

- Always be cautious around natural bodies of water, which can contain hidden hazards like dangerous currents, underwater objects and limited visibility.

- Always wear a life jacket when

- boating – most boating fatalities occur from drowning.

- Avoid drinking alcohol before or during swimming, boating, and other water activities, and while you're supervising children.

- Don't hyperventilate or hold your breath for long periods of time in water – this can result in "hypoxic blackout" or "shallow water blackout."

- If you have a pool or hot tub, or live near a body of water, always keep reach-and-throw equipment, a cell phone, life jackets and a first aid kit nearby in case of an emergency.

For more information about drowning prevention and statistics about drowning in the U.S., visit <https://www.cdc.gov/drowning/index.html>.

## Need Support

### Alzheimer's Support Group

3rd Thursday at 2PM - in-person meeting  
 Raleigh County Commission on Aging  
 1614 South Kanawha Street, Beckley  
 For more information call Terri Tilley 304. 255.1397

### Alzheimer's Education

Access free Alzheimer's education programs in the comfort of your home on your schedule. Visit Alzheimer's Education (type <https://training.alz.org/>) and find the most requested programs!



**Connect to the right care.**  
**304.519.9210**



## Resource Numbers

Alzheimer's Helpline.....	800.272.3900	Poison Control.....	800.222.1222
Caregiver Helpline.....	202.918.1013	Raleigh General.....	304.256.4100
Commission on Aging.....	304.255.1397	RGH ER.....	304.256.4180
Friendship Line.....	800.971.0016	Salvation Army.....	304.253.9541
Health Department.....	304.252.8531	Senior Friends.....	304.256.4276
Lewis Center.....	304.469.3313	United Way Helpline.....	411
New River Transit.....	304.894.8919	Women's Resource.....	304.255.2559
		WV Covid19 Line.....	800.877.4304

**Take control of your health. Know one knows your body better!**

# EXERCISE CLASSES AND ACTIVITIES

## SENIOR FRIENDS' FIT CLUB

Fit club is back, now —September 30th. So get moving and start winning your incentives. Call the office for a complete package, learn how to participate and sign up. Start walking or doing what works best for you and win prizes to get fit and healthy!

## BOWLING

Monthly First WEDNESDAYS

1 p.m. at LEISURE LANES

\$6.00 for three games + shoes, wow what a deal! Plus, they have the best hotdogs in town!

**Before starting at the YMCA, call for your membership application.**

## YMCA WATER AEROBICS

MONDAY THROUGH FRIDAY

9:00—10:00 a.m.

## YMCA STRETCH & FLEX

WEDNESDAYS AND FRIDAYS

NOON—1P

## YMCA KICK BOXING

TUESDAYS AND THURSDAYS

6:00 -7:00 p.m.

A full-body workout that engages every muscle group in your body, with a strong focus on your core.

## 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.

## COMMISSION ON AGING GYM

MONDAY THROUGH FRIDAY

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

Age requirement of 60 waived for Senior Friends' members.

## COMMISSION ON AGING

EVENING YOGA

TUESDAYS AND THURSDAYS

5:00-6:00 p.m.



# THEATRE WV NIGHT

Raleigh General Senior Friends' TWV night

*Saturday, August 6th*

*"Wizard of Oz"*

Get all the tickets you want for \$5.00 each! Tickets are available at the Park Ticket Office Monday—Friday, Noon to 5pm. 304-256-6800



# LET'S ALL GATHER (Vaccination required to attend these events.)



Wednesday, August 31st  
Daniels' Vineyards  
10:00 am Registration opens  
11:00 am—2 pm—Cherry on Top Ice Cream Truck  
Noon—Lunch

## Guest Speakers:

*Sharon Covert, Executive Director  
Alzheimer's Association*

**Sign-up for Walk to End Alzheimer's.**

**Bring donations for Walk Team and raffle.**

*Regina Thomas with Away*

**To this meeting bring items for Away (formally known as the Women' Resource Center). Items most needed: leggings, tights, t-shirts, socks, adult and children underwear, toiletry items.**

**Call to reserve by August 22nd.**

Wednesday, September 28th  
Daniels' Vineyards  
10:00 am Registration opens  
11:00 am—2 pm—Aurora Ice  
Noon—Lunch



Music, fun, dancing and lots of friends!

## Guest Speaker:

*Rhonda Culicerto  
Health and Wellness Team*

**To this meeting bring items for Community Blessing Bags. Items must be individually wrapped. Most needed: granola bars, cereal bars, fruit cups, small peanut butter packs, tuna or chicken packs. Any thing you can do would be a blessing!**

**Call to reserve by September 22nd.**

**To help us out, call to reserve for Gathering ASAP, by calling the office, 304.256.4276 !**

# Senior Friends Raleigh General Hospital

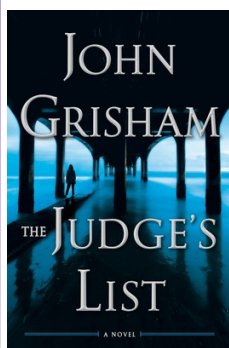
1710 Harper Road  
Beckley, WV 25801  
Phone: 304.256.4276



## Senior Friends' Book Club

Our last book was "*Once We Were Sisters*" by Shelia Kohler. This book is a powerful but heartbreaking memoir of childhood and the bond between two sisters, in life and beyond death. You still have time to read this amazing memoir and enter the "Book Club Talk" contest to the right.

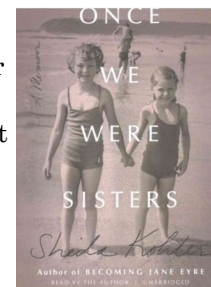
Our June/July "Book Club Talk" winner is Connie Ray. Connie's simplistic take on "*Tuesdays with Morrie*" summed it up perfectly for me. Connie wrote, I learned the most important thing in life is, it is never too late. Connie will receive a \$25 gift card!



Our August/September book is "*The Judge's List*" by John Grisham. Grisham is known for his legal twist and turns and this book delivers that and so much more. In this murder mystery he sends an investigator, Lacy Stoltz, on the trail of a serial killer. The big twist is the main suspect is a sitting judge. I haven't read this one yet, so let's start this suspenseive fun mystery together! Snuggle up & read!

### Book Club Talk:

1. What year did Maxine die in a car crash?
2. Who was the driver of the car that caused the death of Maxine?
3. What was the age difference between Sheila's parents?
4. What was the cause of death of Sheila and Maxine's father?
5. Sheila left South Africa to travel and study where?
6. In what way was Maxine's husband like her father?
7. What's the age difference between the two sisters?
8. What was the occupation of Carl?
9. Sheila's last view of Maxine, describes her young sister's arms as \_\_\_\_\_.
10. *In your own words* what do you believe was Sheila Kohler's main motivation for writing this painful autobiographical memoir?



Send your answers to the Senior Friends' office by September 20th. You will receive your Senior Friends' Book Club info, gift and be entered to win. By entering, you are giving consent for us to use your name and *own words* in future Senior Friends' Newsletters.

## Puzzle This **Enter to win, return answers to the office by September 20th.**

### Unscramble, Raleigh General Hospital's 2021 Sponsorships and Donations

- |                                 |  |
|---------------------------------|--|
| 1. ESEMILRZHA _____             | 9. MNOIEAUTE UTOHY SOPRTS _____          |
| 2. RAAE GIHH OOSHLIC _____      | 10. DER ORSSC _____                      |
| 3. OYB USOSCT _____             | 11. POHS TWHI A POC _____                |
| 4. B'ANSIR SHOEFUAE _____       | 12. ILSDO WSEAT UTIYHTAOR _____          |
| 5. HRMCBEA OF ECMOMERC<br>_____ | 13. DNTIEU AWY _____                     |
| 6. SITFR EET _____              | 14. NTSREEVA FO GFRONEI RAWS _____       |
| 7. OSPCHIE _____                | 15. MONSEW EECOSRUR NTEREC _____         |
| 8. SUTJ RFO SIDK _____          | 16. WUV INUTSITET OF OOTCEYGNLH<br>_____ |
|                                 | 17. MACY _____                           |

#### Word bank:

Alzheimer's, Area High Schools, boy Scouts, Brian's Safehouse, Chamber of Commerce, First Tee, Hospice, Just for Kids, Mountaineer Youth Sports, Red Cross, Shop with a Cop, Solid Waste Authority, United Way, Veterans of Foreign Wars, Women's Resource Center, WVU Institute of Technology and YMCA.

June/July Newsletter winners: Gwendolyn Bias, Kay Booth, Patricia Darlington, Barbara Meadows, Daniel Meadows, Carolyn Goodwin, Mabel Miller, Connie Ray, Kathy Smith and Jane Rasmussen.