



2024 Heart Fair



Take care of your heart! Plan to attend this year's

Heart Fair

at Raleigh General Hospital.

Take the path to your heart one step at a time.

- Blood pressure readings
- Health Screening
- Nutrition Plans
- Hands-Only CPR
- Interactive Experiences
- Door Prizes

Senior Friends will be baking up and serving hot cookies to warm

your heart! Make sure to grab you one or two!

Call the office today, 304-256-4276, to RSVP for this event.

**Date: Friday, February 9th
Times: 9am to 1pm**

Location: Raleigh General Hospital Education Center.

The building is located in the upper parking lot behind the hospital. Best way to enter is turn at the stop light onto Carriage Drive. Then, pass the hospital and turn onto the parking lot at the last entrance.

Supporting Local Youth—SLYP

Thanks to the "Susan Landis Youth Philanthropists" (SLYP) for allowing us to relax and still be a part of the "United Way Wonderland of Trees". With our donation of \$1000, we partnered with this wonderful group of young people and they did all the work!

The SLYP is a Beckley Area Foundation program that provides opportunities for youth to get involved in the community through volunteering and fund raising.

High School students from Raleigh County are eligible to join during their junior year. If someone you know would benefit in joining or you want to support them, call the Beckley Area Foundation at 304.253.3806 or email brandon@bafwv.org.

SLYP is hosting a **BINGO**, to raise money, on March 21st at Shady Spring H.S. doors open at 5pm.

Come out, bring friends and help them raise lots of cash to give back to our community!



If you didn't make it out to see the trees in November, pictured above is the SLYP tree. They did us proud!

A word from the Director:

New Year, new possibilities. So, start thinking about trying something new for you. Perhaps you are thinking about fitness. You have plenty of fitness opportunities with your membership. The YMCA and the Commission on Aging classes are continuing in 2024. Just make sure your membership is current.



Maybe it's time for you to take a trip. So, come travel with me. Group travel is fun when you go with Friends! I am starting up small with a one day Mystery Trip, that will not disappoint, turn to page 4 for details. Sign up soon if you want to go. I think this one will fill up fast!

Having a regular routine will help keep you active and healthy. Come to our meeting in March and start to get more involved, turn to page 3 for all the details. One more way to stay active, after retirement, is to Volunteer. People who give back through Volunteering are some of the happiest and healthiest people I know. I have volunteer opportunities calling your name!

I hope you benefit from the new information I added to the newsletter; "RGH Updates" (page 2), "The Dietitian's Nutritional Tips" (page 2) and "The Doctor Says" (page 4). Let me know what you think, I would love to hear from you!

Thanks for being a *FRIEND*!

Debbie Peyton, cdfs

Senior Friends' Director

The Dietitian's Nutritional Tips

By: Kate Stephenson, RD



Goals & Resolutions

Did you know that January comes from the word "Janus", which refers to the Roman god of new beginnings? Indeed, in the month of January, many people may be thinking about new goals and resolutions to begin the New Year. But with research showing that only 9% of people keep their New Year's resolutions, we all know that it's easier said than done to follow through. This is especially true when your goal involves eating healthier. We all know that these winter months are notorious for those comfort foods. How, then, can we help ourselves be more successful in making positive changes in our eating habits? One way is be intentional about how you set goals by keeping your goals **SMART**. This stands for Specific, Measureable, Achievable, Realistic, and Time-Bound. **SMART** goals are a great

way to encourage yourself to think about the details involved with achieving a goal. Take a look at the infographic (right) for details on how to make your goals **SMART**. Beyond carefully planning out how to achieve your goals, it is also important to approach your goals with the right mindset. Part of this can be understanding the difference between motivation and commitment. Motivation is a feeling that you cannot control, and is often dependent on external factors. On the other hand, commitment is rooted in an attitude that you will be dedicated to a goal regardless of your emotions or of external factors. When you set a goal, challenge yourself to be committed to it regardless of your level of motivation, which is sure to fluctuate. To strengthen your commitment, consider taking a few minutes to write down why that goal is important to you. Last but not least, remember that the goal is always improvement and not perfection. Rather than being discouraged, if you don't achieve your goal 100% of the time, remember that each day is a new day and every effort counts.

S

SPECIFIC—Rather than making a general goal such as eating healthier or losing weight, specify what exactly you need to do to get there. Do you need to increase your protein or vegetable intake? Avoid Snacking after 6p? Start meal planning every week?

M

MEASURABLE—Make your goal something you can measure. For example, instead of setting a goal to exercise more, define how long and how many days a week you want to exercise.

A

ACHIEVABLE—You need to be confident you have the tools and skills to achieve your goals. Let's say your goal involves cooking more often. Ask yourself if you feel confident in your ability to find recipes and to cook. If you don't, how can you learn those skills to make this goal more achievable?

R

REALISTIC—Make sure you break your goal down into steps you know are realistic and manageable for you. For example, rather than cutting out 3 sodas a day cold turkey, maybe you set a goal to decrease by 1 soda every week until you can cut it out completely?

T

TIME-BOUND—Avoid setting goals without a time frame for achieving them or making your goals contingent on outside circumstances that may not change. Focus on setting goals now and defining when you want to achieve them.

Need Nutrition Counseling? Ask your Doctor to write an order. Some insurances will cover this counseling & our clerks will verify for you. If not, it is very affordable, only \$42 first hour, then \$20.

RGH Updates



OUR FACILITY
IS PROUDLY



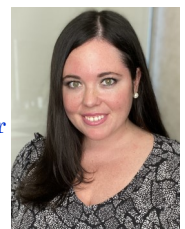
Raleigh General Hospital Receives ACC Chest Pain Center with Primary PCI:

The American College of Cardiology has recognized Raleigh General Hospital for its demonstrated expertise and commitment in treating patients with chest pain. Raleigh General was awarded Chest Pain Center Accreditation with Primary PCI in December based on rigorous onsite evaluation of the staff's

ability to evaluate, diagnose and treat patients who may be experiencing a heart attack. Hospitals that have earned ACC Chest Pain Center with Primary PCI Accreditation have proven exceptional competency in treating patients with heart attack symptoms and have primary PCI available 24/7 every day of the year. As required to meet the criteria of the accreditation designation, they comply with standard Chest Pain Center protocols and are equipped with a robust hypothermia program for post-cardiac arrest treatment.

Primary Stroke Center Certification: Raleigh General Hospital, has earned The Joint Commission's Gold Seal of Approval® and the American Stroke Association's Heart-Check mark for Primary Stroke Center Certification.

Courtney White,
Marketing Director



Certification means that Raleigh General has demonstrated a commitment to providing the highest quality care when evaluated against meticulous standards of performance for stroke. Adhering to national standards and guidelines can significantly improve outcomes for stroke patients.



People will forget what you did...

Exercise with Friends Every Week Day



BOWLING LEISURE LANES Monthly First WEDNESDAYS

1pm \$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.



YMCA:

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.
Coming Soon—Chair Volleyball!

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.

Elder Law Workshop

Beckley Raleigh County Convention Center
Wednesday, February 21st—Sessions at 1pm and 4pm

Presented by: **Brent Van Deysen—Accredited Elder Law Attorney** with offices in Charleston and Morgantown

- ESTATE PLANNING
- MEDICAID PLANNING
- KNOW YOUR RIGHTS

Take advantage of this **FREE** unique opportunity. He will answer your questions and concerns about estate issues including wills, trusts, living wills and Medicaid planning. Thanks to Mike Moore Insurance Services for sponsoring this event. Seating is limited, call ASAP.

Call Moore Ins. 304.255-7706 to reserve your seat.

March Luncheon

Beckley Raleigh County Convention Center
Thursday, March 28th

9:30am—Doors Open for Registration

10:30am—Fun Time Bingo

11:30am—Guest Speaker, **Kate Stephenson, RD**
“Nutrition as We Age”

Noon—Lunch with Door Prizes

Come out for the first meeting of 2024! Don't forget, bring your membership card, for entry to the luncheon. If your membership has expired, no worries you can sign up in the lobby. Bring a friend and they can also sign up, just call us and **RSVP for you both.**

Please bring, needed items, to help the Fayette County Animal Shelter; Blankets, Leashes, Treats, Toys or Cash!

Call 304-256-4276 to RSVP by March 21st.

TWV Tickets

Senior Friends Night at TWV

Friday, July 26th

Footloose presented by: Theatre West Virginia
Yes, it's a little earlier than we normally announce our TWV night. Why so early? We will start selling tickets, in the Senior Friends' office, on Monday, March 4th, Monday—Friday at 9am—3pm and at Senior Friends' meetings.

Only available for current members. Tickets are only \$5 each, for all **Footloose** shows, July 11th-28th. You can purchase as many tickets as you need. Cash and Checks only, sorry no credit or debit cards can be accepted. Early sales will allow everyone time to get tickets.

Questions, call the office 304.256.4276

Puzzle This

Bring to the **March meeting** to be entered to win!
(Not able to attend the meeting? Then, mail to the office before 3/28.)

Nutrition Facts and Tips:

1. Meals can be fun if you make them a ____ event, like we do with our Senior Friends' meetings.
2. ____ is always the best choice for thirst and you should drink 6 to 8 glasses a day.
3. Always consider _____ when making a meal plan. You want to make healthy choices but if you don't like it, you will not eat it!
4. You can have the foods you like, just remember _____ is important
5. As we age we need to be careful to limit our intake of added _____ and _____.

Answer Key: Personal, Preferences, Water, Sugar, Portion, Control, Sodium and Social.

But people will never forget how you made them feel!

- Maya Angelou

Senior Friends

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

Office hours:
M-F, 9a—3p
Closed on meeting dates and holidays.
Notary services by Appointment on Fridays.



The Doctor Says

National Heart Month: Building Healthy Habits for a Healthy Heart

By: Jason Bird, MSN,
APRN-BC



The heart is an amazing muscle. Each day, your heart pumps over 2,000 gallons of blood, circulating oxygen through the 60,000 miles of blood vessels in your body. With so much riding on the muscle, it's no surprise that heart diseases are the #1 cause of death in America – if your heart weakens or stops beating, cells throughout your body lose the nutrients they need to keep living. February is American Heart Month – a time to celebrate all our hearts do for us, and to recognize what we can do to keep our hearts healthy. While the dangers of cardiovascular disease are real, the good news is that an estimated 80% of heart disease can be prevented. Simple awareness habits and changes in lifestyle can greatly reduce your heart risk, and help you catch problems earlier when they do occur. This month, treat your heart well with these healthy heart practices.

Know your health numbers.

Managing your health is key to preventing heart disease, and two numbers essential to heart health are your blood pressure and cholesterol levels.

Blood pressure represents the pressure your blood exerts on your arteries as it travels through your body. If your blood pressure is too high for too long, it can damage your arteries and increase your risk of heart disease.

Cholesterol is a fat-like substance found in your blood, and comes in two forms – high-density lipoprotein (“HDL” or “good” cholesterol) is healthy and produced naturally by your body,

whereas low-density lipoprotein (“LDL” or “bad” cholesterol) is gained by eating fatty foods. If your “bad” cholesterol levels grow too high, plaque can build up in your arteries, stifling the flow of blood to your heart.

Other risk factors include age, genetic background and family health history. While these risks are outside your control, it's important to monitor them and discuss them with your provider – the higher your baseline heart risk, the more vital it is to control your other risk factors. This month, schedule an appointment to test your blood pressure and cholesterol levels, and ask your primary care provider how you can keep your numbers in a healthy range.

Eat a heart-healthy diet.

A healthy diet is the best way to lower your blood pressure and cholesterol, and to get your heart the nutrients it needs. Reduce your “bad” cholesterol by eating foods that are high in fiber, such as whole grains and leafy greens, and by consuming fewer saturated fats and trans fats. Lower your blood pressure by limiting your intake of salt, alcohol, and added sugars. When choosing proteins, focus on nuts, legumes, and lean meats like chicken or fish, while cutting back on red meat and fried food. In addition, smoking is strongly linked to both high blood pressure and heart disease. If you're a current smoker, reach out for help with quitting. Find free cessation resources by calling 1-800-QUIT-NOW.

Build a hardy heart with cardio exercise.

Like any muscle, your heart becomes stronger the more it's used. Cardiovascular exercise – physical activity that elevates your heart rate – is essential for your health, and helps you manage your blood pressure and cholesterol levels. The average person should get

150 minutes of cardio exercise each week. This can equate to a 30-minute jog each day after work, or a couple evenings per week playing recreational sports. Find an activity you enjoy and set a time in your schedule when you know you can get up and move.

Know the symptoms of a heart attack.

Not all heart disease has symptoms. Often, the condition is “silent,” with risk factors going unseen and unaddressed until the day of a heart attack. That's why it's so vital to discuss your risks with a provider. When symptoms do occur, they sometimes leave patients with little warning. Call 9-1-1 immediately if you or someone you love experiences any of the following:

- ◆ Pain or discomfort in the chest, arm, neck, or upper back
- ◆ Fluttering feelings in the chest (arrhythmia)
- ◆ Feeling dizzy, faint, or out of breath
- ◆ Women may also experience sudden nausea or exhaustion

No one should have to live in fear of heart disease. By taking charge of your blood pressure and cholesterol, and recognizing the warning signs of a heart attack, you can lift a real weight off your chest. This Heart Month, schedule a visit with your primary care provider and ask about the steps you can take to live a healthy life.

If you would like to speak to a provider about your heart health, we can help.

Visit the “Find a Doctor” tab at www.RaleighGeneral.com or call 304.519.9210 to schedule an appointment. In the event of a heart-related emergency, call 9-1-1. Minutes matter, and acting quickly may save a life, including your own.



Senior Friends Mystery Trip—May 25th

Depart: 1PM — Return: 10PM
Cost: \$115 due when signing up

Need to split in 2 payments? Pay \$60 when signing up and the balance, \$55 by 5/1.

Let's take a short journey, with a group of friends, for a day of fun, food and entertainment.

Don't ask, it's a secret where we will end up. So, are you feeling adventurous? Come by the office to sign up but hurry

this trip is limited seating, first come, first serve. I warn you, only sign up if you want to have fun! Cancel after signing up, full refund to 4/30. No refund after this date, unless we can fill your seat.