



Senior Friends' Outing Day Fun

It has been so great to see all our Friends again. We started gathering at Daniels' Vineyards in July for some fun, food, exercise, education and giving back to help those in need. You still have time to get

in on the action with our upcoming Oktoberfest. So, grab your folding chair, a jacket and give us a call to RSVP for our October event. Look below to see your Friends!



A word from the Director:



Hello Friends, Fall is truly in the air. I hope we have some real Fall days this season. Seems like we have been going straight to Winter from Summer these past few years. I miss those Fall days I remember as a child. You know what I mean. Those cool evenings where you could sit outside while enjoying the comfort and relief from a hot sun to a cozy sweater evening. I want to enjoy the changing colors of the leaves from green to those brilliant shades of reds, yellows and oranges. Oh, how I hope we have a true Fall!

I am currently planning our Oktoberfest. I really hope to see you there! We can take in a cool Fall day together. I can't even begin to predict what the weather will be. But I can tell you we will have the Pavilion if it rains, heaters if it is a little too chilly and lots of hot drinks from the Chocolate Moose Bar to warm us up from the inside out. So, come out and have a fun filled day with your FRIENDS!

I was so sad to miss the last outing. I had Covid-19. Horrible experience and I don't wish it on anyone. I became sick after being at a large indoor event. That is why our Senior Friends' meetings are outside with Vaccine required. Your safety is my first priority!

More smiles on page 4!



Debbie Peyton, edvs
Senior Friends' Director

Safety Tip from Courtney White, Marketing Director



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

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 work-*

ing 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.

As the weather turns colder we start using heaters, fireplaces and candles

more. Here are some quick fire safety tips from the [NFPA](#):

- ◆ Put candles on a sturdy, uncluttered surface and never leave a child alone with a burning candle.
- ◆ Keep anything that can burn at least **3 feet** away from heating equipment like the furnace, fireplace, wood stove or space heater.
- ◆ Only plug **one** heat-producing appliance (such as coffee makers, toasters or space heaters) into a receptacle outlet at a time.
- ◆ Never burn candles if oxygen is used in the home.
- ◆ Test your fire and carbon monoxide detectors to make sure the batteries are fresh and that your equipment isn't more than [10 years old](#).

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

Help is just a phone call away!

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
10:30 a.m.—11:30 a.m.

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 THURSDAY
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.



Wonderland of Trees



Come vote for your Senior Friends' Tree

**Friday, November 4th -
Friday, November 18th**

Summit Bechtel Reserve
(Boy Scout Camp)

Check the United Way website or the Register-Herald for times, activities and more information.



OKTOBERFEST ACTIVITIES

(Vaccination required to attend.)

Wednesday, October 26th

Daniels' Vineyards

9:00 am Registration opens
10:00 am—2 pm Visit Arts & Crafts Booths
10:00 am—1pm Flu Shots/BP Clinic
11:00 am—2 pm Chocolate Moose
Noon — 1 pm Lunch is available
Door prizes and music throughout the day.

Call to reserve by October 21st

Pumpkin Contest:

Call the office to register for this contest. Show up on event day with your entry by 9am. What type of things can be entered—

- Pumpkins carving/painting
- Baking (pies, bread, muffins, etc.)
- Clothing, wood or metal crafts



- Anything with a pumpkin on it or in it

Arts and Crafts:

Call the office to reserve your space. This will be the same as done in the past except it will be outdoors. Tables and spaces are limited, so call ASAP for more details.

Giving Back—

Bring this to the outing:

To this meeting bring a Christmas Nutcracker. These will be used to decorate our Senior Friends' tree in the Wonderland of Trees fundraiser. If you can't attend the meeting, drop your donation off now to our office before Friday, October 28th .



To help us out, call to reserve for Oktoberfest ASAP, 304.256.4276 !

Senior Friends Raleigh General Hospital

1710 Harper Road
Beckley, WV 25801
Phone: 304.256.4276



Senior Friends' Book Club

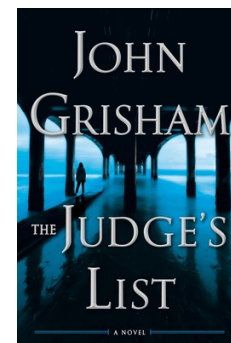
Our last book club selection, "*The Judge's List*" by John Grisham, will be our last for the summer. You still have time to read the book and send in your "Book Club Talk" answers. In this murder mystery there is a big twist! So, get started and sink into this suspenseive mystery!

Our previous book was "Once We Were Sisters". The "Book Club Talk" winner for this book is Dayton Meadows. Dayton felt the author, Sheila Kohler's true motivation for writing the book, was to simply keep her sister alive. Dayton said, "she will live on if only on the printed pages". Dayton wins a \$50 gift card!

Book Club Talk:

1. What is Betty Roe's real name?
2. What's the total number of murders?

3. What is BJC?
4. How many year's has Jeri been tracking the judge?
5. Who was killed, that started Jeri's mission?
6. Full name of the detective?
7. What was the profession of Jeri's father.
8. Lacy is promoted to what?
9. In your own words, how do you sum up this mystery?



Send your answers to the Senior Friends' office by October 20th. To 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 October 20th.

Halloween Fun

1. The walking dead _____
2. What you wear _____
3. Look out for these scary _____
4. Hide your neck from me _____
5. A witch's ride _____
6. Carve me up _____
7. Give me some _____
8. You can see through me _____
9. I lost my skin _____
10. I'm always in _____



Word bank: Broomstick, Candy, Costume, Ghosts, Monsters, October, Pumpkin, Skelton, Vampire, Zombie

More Outing Day Fun



August/September puzzle newsletter winners: Louise Adams, Judith Bragg, Helen Clemens, Hazel Greene, Vickie Mack, Jack Painter, Paul Prince, Pansy Rowe, Patsy Rowe and George Viers. Each one wins a \$25 gift card!