



THE LONGEST DAY

ALZHEIMER'S ASSOCIATION



Save the date—plan to attend!

Date: Saturday, August 17th
Place: Commission on Aging
Time: 9am—5pm

Beckley WV Rocks is our event to help **END ALZHEIMER'S!** Come and go, or stay all day. Help up keep the chairs full and rockin' at this Rock-A-Thon.

Thousands of participants from across the world come together to fight the darkness of Alzheimer's through fundraising activities focusing on the longest day.



The Longest Day is the day with the most light—the summer solstice. Let's fight the darkness of Alzheimer's and all dementia with our event. We are cur-

rently planning the agenda to make this Rock-a-thon something everyone will want to attend. Join us to help bring awareness to our members, families and community. Let's fight Alzheimer's together!

We need your help to raise funds, get donations and find sponsors. You can start to help right now by going on line to: <http://act.alz.org/goto/SeniorFriends> to register. Another way to register is to scan the above **QR code** or **contact the office** and we will sign you up. At time of registration, you make a small \$20 donation, this gets you the official **"THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT"** t-shirt as a thank you for your support.

Call the office with any questions. I hope you will join us!



A word from the Director:

April is Volunteer appreciation month. I love my job and what I do and it would be impossible to do it without Volunteers. I'm lucky to work with an amazing team of Volunteers at Raleigh General Hospital. I worked in Human Resources before my current position. Change is hard and I was leaving a position I truly enjoyed. I worried, had I made a mistake? No, it didn't take long for me to realize I was in the right place. I was welcomed with warmth, respect and kindness.



People who give of themselves are special. They are selfless and desire to do for others. That describes my team! So, please do me a personal favor. When you see a volunteer, any volunteer, thank them for giving up their personal time to make your day better.

It is certain, no one has ever went through life without help from another person. Perhaps it was the help from a teacher, preacher or your parents. But, someone has helped you. I think that is why, Volunteering is at the core of being a human. Volunteers are so important to our organization, our community and our country. Thank God for goodness and compassion. But most of all, thank God for Volunteers.

"Don't ever question the value of volunteers. Noah's Ark was built by volunteers, the Titanic was built by professionals." (Dave Glynn)

Debbie Peyton, cdfs

Volunteer & Sr. Friends' Director

RGH Updates

Courtney White,
Marketing Director



Welcome Dr. Oye

Raleigh General Hospital is pleased to welcome Dr. Herbert Oye, DO, FACOS to our team of medical professionals. Dr. Oye is a board-certified vascular surgeon with decades of experience in treating vascular and endovascular patients in Southern West Virginia. He now joins the Raleigh General team at the Raleigh Medical Complex. He's seeing patients at Raleigh General Cardiac and Vascular Center, appointments may be made by calling 304.461.3909.

3D Mammography

Raleigh General Hospital announced today

the addition of 3D mammography services to its Imaging Services. The advanced technology captures images of the breast from multiple angles to ensure a more complete and accurate scan. This allows for earlier and more effective detection of breast cancer and helps reduce the number of return visits caused by false positives.

We are thrilled to be able to offer this state-of-the-art technology and further enhance the high-quality care we provide to the women in our community. Our 3D mammography service will help make it possible to detect breast cancer in earlier stages so that treatment can begin sooner, giving our patients a greater chance of beating the disease. On top of the technology, we made an extra effort to enhance our space for these patients and make it welcoming and comfortable with touches like fleece robes and a cozy waiting area so the whole experience is elevated."

Outpatient Order Management Application

As a part of our ongoing efforts to continue to improve our operations and strengthen our hospital for the future, we are making a change in how we approach our central scheduling function.

This model is an industry best practice used in many hospitals like ours across the nation. It will help us be more efficient and enable us to focus our resources on delivering high quality patient care, which benefits our patients, physicians, caregivers and community. This model also helps ensure consistency and support regulatory compliance.

The technology also provides the ability to measure many key performance indicators and provide relevant statistics to ensure timely and efficient activities for the scheduling processes.

The Dietitian's Nutritional Tips



Food for Thought

By: Kristin Anderson, MS,
RDN, LD

In honor of June being Alzheimer's and Brain Awareness month, let's continue the practice of making healthy lifestyle changes. Overall nutrition plays a pivotal role in brain health, specifically related to mood and memory. Despite what catchy headlines may say, there is no "miracle" food that will prevent memory decline or improve brain health on its own. However, making small changes to support a shift towards a healthier diet can make a large and lasting impact. Use the following infor-

mation to think of small changes you could implement to live a healthier tomorrow.

Many of the recommendations for a heart healthy diet are the same for a brain healthy diet. This includes reducing saturated and trans fat intake, limiting sodium intake, decreasing added sugar or simple carbohydrates, and increasing nutrient dense foods. Nutrient dense foods are foods that provide a wide range of beneficial vitamins, minerals, and other micronutrients.

Specific nutrients to include in a healthy eating pattern for brain health are omega-3's, vitamin C and B-vitamins. Omega-3's are essential fatty acids that can improve vascular health for both the brain and heart. Vita-

min C is an important antioxidant that can help counteract free radicals that may contribute to cognitive decline. B- vitamins are crucial for both overall mood and brain health, this includes niacin, folate, and B-12.

Omega-3 rich foods: Fatty fish such as almon, trout, albacore tuna, or sardines. Plant based foods such as flax seed, chia seeds, walnuts, and hemp seeds.

Vitamin C: Citrus fruits, broccoli, red peppers, strawberries, and tomatoes.

B- vitamins: Meat based foods such as eggs, chicken, salmon, beef, liver, and yogurt. Plant based foods such as leafy greens, beans, nutritional yeast, and sunflower seeds.

Antioxidant rich foods: Blueberries, green tea, dark chocolate, dark leafy greens



Mountain State Golf Classic

Senior Friends will once again be the exclusive partner of the Mountain State Golf Classic. This year's MSGC will be held on July 13th—15th. This partnership contributes to our charity beneficiaries. Thanks to last year's sponsors for helping us to give back:

Act Auto
Advanced Urology
Aflac
Beaver Coal
Beef Jerky
Blue Ridge Funeral Home
Chick-fil-a

Carl Larson Cancer Center
Childers Enterprises
Cloud's Clothing
Crossroads Chevy
Designs by Barb
Flying Mountain Signs
Fujiyama
Hilltop Coffee
Jan Care Ambulance
L & S Toyota
Leisure Lanes Bowling
Little General
Melton's Mortuary
Mike Moore Insurance
Mountain State Equipment
P & M Development
Raleigh County Airport

Raleigh General Hospital
Rhonda's Home Health
Right at Home
Rose & Quesenberry
RT Rogers
ServPro
Sheets Chrysler
Tamarack
Trinity Motors
Trinity Trees
United Bank
Vaugh Neurological
WV Hydraulics

Want to be a sponsor, call the office.
Interested in Volunteering at this year's MSGC, call the office today.



Pictured left to right: Check presentation made by Ryan Neal, Tournament Coordinator, to Pat Mitsouianis, SF Volunteer.

Exercise with Friends

BOWLING LEISURE LANES

Monthly First WEDNESDAYS

1pm \$6.00 for three games + shoes.

Commission On Aging, age of 60, waived for Senior Friends' members. 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:

Membership card and SF/YMCA Membership Form needed for entry. All classes listed are covered. Call the Y, 304.252.0715, for cancellations, 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.

Support

STROKE SUPPORT GROUP

April 26—May 24—June 21

Raleigh General Hospital Education Bld.

Noon to 1pm

Live your best life after a stroke.

To register and information contact,

Harley Fox, Stroke Coordinator,

304-256-4312 or harley.fox@lpnt.net



Connect to the right care.

304.519.9210

May Luncheon

Beckley Raleigh County Convention Center

Thursday, May 16th

8:30am—Registration Begins

9:00am—Early Bird Bingo

10:00am—Guest Speaker, **Dr. Olu Sangodeyi, MD**

with the Trauma Services Staff

“Falls Prevention”

10:45am—Brunch

To this meeting bring items for the Senior Friends' clothing closet. To benefit patient's in need bring, for both men and women: Socks, Underwear, T-shirts, Leggings, Joggers or Slip on Casual Shoes. (Can not accept used items.)

Meetings are **MEMBERS ONLY**. You may bring a guest and sign them up for **\$10 only at this meeting**.

Call 304-256-4276 to reserve the **number of seats** needed.

June Luncheon

Daniel Vineyards

Thursday, June 27th

9:30am—Registration Begins

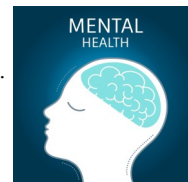
10:30am—Games and Bingo

11:30am— Guest Speaker, **Sharon M. Covert, MS**

Executive Director, WV Alzheimer's Association

Noon—Lunch with Door Prizes

June is Alzheimer's and Brain Awareness Month. Bring some \$\$\$ for a number of ways to support the Alzheimer's Association and be entered to win prizes!



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Call 304-256-4276 to reserve the **number of seats** needed.

TWV Tickets

This year Senior Friends is sponsoring “Footloose”.

You can attend any showing; July 11th—14th,

16th—21st, or 23rd—28th.

Purchase your discount coupons in the office,

Monday—Friday, 9am to 3pm or at our meetings.



Discounts are available for current members only!

Purchase as many as you want for only \$5 each.

Cash and checks only, sorry no credit or debit cards accepted. Make checks payable to TWV.

Must have a coupon to present to the TWV box office on show night for your seat assignment.

Questions, call the office 304.256.4276.

Puzzle This

Tell me about the Longest Day Event

1. The Longest Day is the day with the most light—the _____.
2. The participants of a Longest Day, fight the darkness of _____ and all other _____.
3. The purpose of the event is to bring awareness to Alzheimer's and _____ to advance the care, support and research efforts.
4. You can participate in our Rock-a-thon on August 17th at the _____.
5. What will you do to support our event and help fight Alzheimer's? Circle one or more: Donate Participate Volunteer to help Spread the word

Answer Key: Alzheimer's, Commission on Aging, Dementia, Raise Funds, Summer Solstice

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

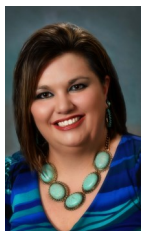
What to Do When Allergens Attack by Lisa Walker, APRN

Did you know that – according to the Asthma and Allergy Foundation of America – more than 50 million Americans suffer from a type of allergy each year? That makes allergies the sixth leading cause of chronic illness in the U.S. And seasonal allergies account for a big percentage of that.

An allergen is something that your immune system reacts to when that something touches or enters your body. There are food allergens, skin allergens and – during certain times of the year – seasonal allergens like the tree and grass pollination that occurs in spring and summer.

When these seasonal allergens make themselves known, they can cause a litany of potentially miserable symptoms in many of us, like:

Sneezing



Itching of the eyes, nose or roof of the mouth

Runny nose or nasal congestion
Watery, red or swollen eyes
Sore throat and/or cough and
Fatigue and weakness.

Misery may love company but, while these symptoms are common, it doesn't make them any easier to deal with. Fortunately, there are some steps you can take to help manage your seasonal allergies and ease your springtime suffering.

Be aware. Many allergy sufferers actually experience year-round symptoms that aren't as prominent or noticeable in the "off-seasons." To better control your suffering and minimize your symptoms, it's important to know what exactly triggers your allergies. An allergist can help you identify what's causing your attacks and work with you to develop a plan to minimize your symptoms.

Additionally, check daily weather reports for pollen and mold counts

so you're better prepared for heading outdoors or deciding to stay inside that day.

Take action. In addition to making an appointment with an allergist, there are other actions you can take to protect yourself. If the pollen or mold count is high, or you know you're going to be outside for a long time, think about wearing a mask to protect your mouth and nose from allergen invaders. You may also consider taking an over-the-counter medication before you head out for the day. And don't forget to take a shower. Changing clothes and jumping under the water after being outside can help reduce your exposure to seasonal allergens.

If you're still not receiving relief from your allergy suffering, talk to your primary care provider, who can help you plan a different treatment approach, which may include an allergist and appropriate prescription.

Fit Club is Back

Let's get back to Fit Club in May. Call the office to join and request your complete guide.

We provide you with a tracking form and an activity conversion chart. You pick how you want to exercise. Then, use your conversion chart to track your miles.

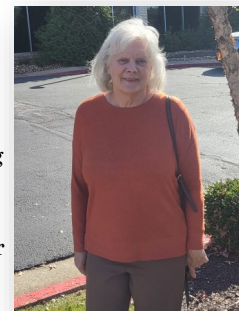
What works best for you, may not work best for everyone. So, walk, swim, run or take some of our classes at the YMCA. It's up to you, just get moving.

Remember, to always check with your healthcare provider before starting any new exercise plan. Don't have a healthcare provider, call 304.519.9210 to get connected to a doctor today! Start to earn your Senior Friends' incentive prizes once you meet your first goal.

Last year our Fit Club clocked in over 14,300 miles. Meet Dorothy Martin pictured right. Dorothy tracked 1,150 miles making her the Fit Club Champi-

on! Dorothy walks for her health. She is thankful her health allows her to be active and plans to continue for a long time.

Learn about another member, in the next newsletter, who does not let obstacles get in her way.



Niagara Falls August 19—21, 2024

Round trip Motor Coach with Hostess
2 Nights lodging at the
Seneca Niagara Resort and Casino
Sightseeing and shopping at the Falls
3—Breakfasts (includes one jump start)
2—Dinners (one by the Falls!)

\$40 Credit—Dining dollar per room
\$100 Credit—Slot play per room
1 Show—Gentleman of Broadway
Price based on 2 per room (need roommate) **\$575.00 each.**



Call the office for more information.