



Free Estate Planning Workshop

Hosted by: Mike Moore Insurance Services

Wednesday, April 16th
Beckley Convention Center

Call, Moore Insurance Services, 304.255.7706, to reserve your seat. You can choose between 11am or 2pm, while seats are available.

The workshop, led by Attorney Brent Van Deysen, covers;

- Estate Planning Documents
- Asset Protection Trusts

- Special Needs Beneficiaries
- Protecting Assets From High Cost Nursing Facility Care

Attendees will be eligible for a **FREE 1 hour consultation** with the Attorney. Some elder law attorneys can cost up to \$300 for an hour.

So don't miss this opportunity, call Moore Insurance today and lock in your seat!

Fit Club Monthly Breakfast Meetings

Sign up for the Senior Friends' Fit Club at our April 2nd monthly meeting. If you miss the meeting call or stop by the office. Fit Club will start having monthly breakfast meetings in May.

These meetings will provide you encouragement, fitness tips, and a great breakfast at the Black Knight Country Club. Come learn, share, and make some new **FRIENDS**.

Grief Share

You need hope and healing after the death of a loved one. Senior Friends is proud to help sponsor, "Grief Share". Over 1 million people have found healing through Grief Share. At Grief Share, you'll find a safe, comforting place where you can talk with others about your

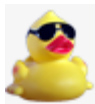
grief. You'll find support, direction, and guidance on how to make it through. Ryan's Hope Grief Share Support Group, our local group, meets on Thursdays, 6p—8p at Crab Orchard Baptist Church. Call Renee Lynch, 1.304.800.7272 or 304.252.2610.



Adopt a duck and you might just win \$3,000. Don't want the cash, you can always donate it back. This is a fun way to help the United Way do more great things for our community.

Ducks will drop:
April 26th - 1pm
Fitzpatrick Park

Adoptions will be held at our April 2nd meeting, only \$5 each. If you can't make the meeting, scan the QR code to adopt a duck!



A word from the Director:

As we transition from the cold, dark days of winter to the longer, sunnier days of summer, the arrival of daylight saving time plays a key role in this seasonal shift. Whether you're adjusting your daily routine, planning a getaway, or gearing up for outdoor activities, the time change marks the start of a new season filled with possibilities.



This is the perfect moment to embrace change—kickstart your exercise routine, explore new adventures, and make the most of the extended daylight. Before you dive into any new fitness program, be sure to check in with your healthcare provider, and consider joining our Fit Club to help you stay on track. Remember, progress is all about taking it slow, steady, and safe for the best results.

Planning a trip can feel overwhelming, and traveling solo has its risks—plus, there are always those unexpected expenses that pop up. That's why I've made it easy for you! Join me on one of our Senior Friends' trips (see page 4)—we've done all the planning for you, so you can just enjoy the journey.

Let's make this year one of adventure and new experiences. Life's too short to stay in one place—take full advantage of everything your membership has to offer and get out there!

Debbie Peyton, *cdvs*
Senior Friends' Director

Desk of the CEO

David V. Bunch, FACHE
Chief Executive Officer



Dear Senior Friends,

As we move into the spring and summer

months, it's a great time to focus on our health and well-being. At Raleigh General Hospital, we are committed to supporting you in staying healthy and active. Whether it's taking a walk in the warmer weather, eating nutritious meals, or scheduling important check-ups, small steps can make a big difference. Remember, regular exercise, staying hydrated, and

connecting with your healthcare team are all key to maintaining a vibrant lifestyle.

We encourage you to prioritize your health during the months of April, May, and June, and as always, we are here to help you every step of the way.

Stay healthy, stay happy!

Injury Prevention

“SPRING FORWARD SAFELY,

Charley Reid, BSN, RN
Trauma Program Manager

AVOID SET BACKS”

As the days get longer, the sun gets warmer, many of us are eager to get outside and get active. If you are anything like me, after spending all winter long dreaming about my garden plans and all the spring-cleaning tasks I want to complete, those first warm days I am eager to get busy! As you become more active in the coming months, it is important to take the proper precautions and necessary steps to ensure you “spring forward safely.” Here are some of the most common springtime related injuries and ways that you can prevent them from occurring.



Falls

Cause: Wet or uneven surfaces, like rain-soaked sidewalks, uneven walking surfaces or garden paths, can increase the risk of falling.

Prevention: Wear slip-resistant shoes, ensure walkways are

clear and dry and be sure to continue using assistive devices like a cane or walker if needed.

Sprains and Strains

Causes: Gardening, yard work, or resuming outdoor physical activity without proper warm-up can cause muscle or ligament strain.

Prevention: Start slowly, stretch before activities, and avoid overexertion. Take breaks if needed and use proper lifting techniques when handling tools or objects. Wear proper footwear to prevent slips and missteps.

Dehydration

Causes: Warmer temperatures may cause you to sweat more and become dehydrated, leading to muscle cramps and dizziness.

Prevention: Drink plenty of water throughout the day, especially before or after outdoor activities.

Heat-related illnesses

Causes: Spring temperatures can sometimes suddenly

rise, leading to heat exhaustion or heatstroke.

Prevention: Avoid strenuous activity during the hottest part of the day (usually midday), wear loose-fitting clothing, and stay in the shade when possible.

Back and Joint Injuries

Causes: Gardening, bending, or lifting heavy objects can strain the back and joints.

Prevention: Use long-handle tools to minimize bending, squat down versus bending over, and ask for help when lifting heavy things.

Animal-Related Injuries

Causes: Increased outdoor activities and wildlife encounters can lead to falls or bites.

Prevention: Be cautious of unleashed pets, and ensure they are under control. If you are gardening, wear gloves to prevent insect stings or bites.

By staying mindful of these springtime risks and following preventive steps, you can enjoy this season safely while enjoying all the things springtime has to offer!

Hospital Updates

Courtney White,
Marketing Director



Exciting updates are happening around the hospital with the introduction of new, improved signage! The updated signs are

designed to make navigating the hospital easier and more intuitive for patients and visitors alike. With clearer directions, highlighted key areas, and more visible information, these changes aim to reduce confusion and enhance the overall patient experience. Whether you're visiting for a routine check-up or seeking

emergency care, the new signage will guide you every step of the way, ensuring a smoother and more efficient visit to our hospital. You will also notice, additional handicap parking spaces have been added to the front parking area located near the main lobby to better serve our community.

April Luncheon

Beckley Raleigh County Convention Center
Wednesday, April 2 - Doors open at 9:00am

9:30am - 11:00am - Sign up for Fit Club, S. F. Trips, Buy a Duck & \$1 Bingo for Senior Friends' Charity.

11am - Guest Speaker,
Dr. Herbert Oye, MD

Vascular Surgeon

To follow - Updates/Lunch/Door Prizes



April is known for a Greek Goddess. Write the name of this Goddess, along with your name on a slip of paper and [drop it in the box](#) on the stage for a [chance to win!!](#) (see below what to bring to help charity)

Call 304.256.4276 to RSVP by March 21st

May Luncheon

Beckley Raleigh County Convention Center
Wednesday, May 28 - Doors open at 9:00am

9:30am - 11:00am - Sign up for club events & \$1 Bingo for Senior Friends' Charity Fund.

11am - Guest Speaker, Charley Reid, BSN, RN—Trauma Manager, "Health Check for Seniors"

To follow - Updates/Lunch/Door Prizes



Bring a friend and sign them up for only \$10. (Discount good for new memberships only or expired members over 6 months.) You will receive a thank you gift! (see below what to bring to help charity)

Call 304.256.4276 to RSVP by May 16th

June Luncheon

Beckley Raleigh County Convention Center
Wednesday, June 25-Doors open at 9:00am

9:30am - 11:00am - Sign up for Fit Club, S. F. Trips & \$1 Bingo for Senior Friends' Charity Fund

11am - Guest Speaker,
Dr. L.Faith Payne, DO
Urologist

To follow - Club Updates/Lunch/Door Prizes



Last Friday was the first day of Summer! It's time to break out those summer hats and sunglasses and enter the Coolest Dude or Dudette contest. I can't wait to see all the cool **FRIENDS!**

Call 304.256.4276 to RSVP by June 13th

Bring to the meetings...

April 2 Meeting—[Bring \\$5 for a duck and/or Bring items for the blessing bags.](#) Individually wrapped food items like; peanut butter crackers, breakfast bars, tuna packets, fruit cups, sweets. Nothing that needs heating or refrigerated.

May 28th Meeting—[Bring summer items to help the Senior Friends' clothing closet helping patient's in need, both women and men:](#) Underwear, T-shirts, Shirts, Pants, Leggings, Joggers, and Shoes. (can't take used items)

June 25th Meeting—[Bring items to help the Senior Friends' clothing closet for both babies and children:](#) Summer baby clothes from newborn—24 months, 2T—5T, and big kids 4/small to 7/X-large also shoes.

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.



Exercise with Friends

YMCA Guidelines:

Membership Card and SF/YMCA Membership Form needed for entry. Only classes listed are covered.

YMCA WATER AEROBICS

MONDAY THROUGH FRIDAY
9:00 a.m. — 10:00 a.m.

YMCA STRETCH FLEX & TONE

MON, WED AND FRIDAYS
11:00a.m.— Noon

TONE & SCULPT

TUESDAYS AND THURSDAYS
11:00—Noon

CARDIO DRUMMING

FRIDAYS, Noon—1:00 p.m.

YMCA ZUMBA

WEDNESDAYS, 10:00-11:00 a.m.

YMCA OPEN TRACK WALKING

MONDAY—FRIDAY, 9 a.m.—Noon

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.

Support



Connect to the right care.

304.519.9210

STROKE SUPPORT GROUP

April 25th, May 30th, June 27th

Raleigh General Education Bld.
Noon to 1pm

Call: Harley Manuel, Stroke Coordinator, 304-256-4312 or
Email at Harley.fox@lpnt.net

ALZHEIMER'S SUPPORT GROUPS

Third Tuesday Monthly—5:30pm
Mabscott United Methodist Church
Adult Day Care Center at the VA
Medical Center, for Vets and Family
members—1pm
For info on both of these groups con-

tact, Donna Walker, RN, Dementia
Coordinator, VA Hosp at
304.255.2121 ext. 4355 or
email Donna.Walker8@VA.Gov.

GRIEF SUPPORT GROUP

Thursdays 6pm-8pm
Hope & Healing after the death of a
loved one. Call Renee Lynch
1.304.800.7272 or 304-252-2610.

TRAVEL ... Call the office for trip details or stop in to pay a deposit and sign up!

Charleston, S.C. - June 3 — 5

Plantation Tour, Downtown Tours, Explore

\$710.00 Double — \$1120 Single
Round trip Motor Coach with S.F. Host,
Daily breakfast, 2 Dinners, 1 Lunch

Charleston, South Carolina, is a charming and historic city known for its rich cultural heritage, beautiful architecture, and southern hospitality.

Full payment due 5/1—\$100 Deposit to sign up

Myrtle Beach - September 8 — 11

\$725 Triple, \$775 Double, \$1259 Single

All Beachfront Rooms with daily breakfast.
Round trip Motor Coach with S.F. Host,
2 Dinners with one at the "Original Benjamin's Calabash Seaford" and 2 Shows

Full payment due 8/1—\$150 Deposit to sign up

5 Night Bermuda Cruise—October 18-23

2 per cabin: Interior \$985, Outside View \$1080
Roundtrip Motor Coach with S. F Host

Day 1 - Baltimore, Maryland, Day 2 - At Sea,
Day 3 & 4—Royal Naval Dockyard, Bermuda.
At the Dockyard there is something for everyone. Museums, beaches, historic sites, amusement awaits. Shop, Dine, Experience!, Day 5—
At Sea, Day 6—Depart with amazing memories.

Full payment due 7/1—\$310 Deposit to sign up

Meeting, Friday, April 11 at 10am, get more info and sign up for cruise. Call the office to RSVP Meeting.

One Day Mystery Trip—December 4th

\$149 per person
Balance due to sign up—close date 11/1

Fun and games on the bus with your Senior Friends Host. Dinner and a show included.

Where are we going???
The mystery is part of the fun.