

Taking Charge of Your Health at 50+

The best way to maintain and improve senior health is to stay up to date with annual wellness visits and complete recommended screenings. Addressing chronic health concerns, nutrition and fitness, and other assessments are key for seniors to maintain and even improve their health, independence, and quality of life.

HopeHealth offers seniors a variety of programs to help:

- **Hope Gold** - Designed specifically to help seniors with chronic diseases navigate their health needs
- **Thursdays at Hope** – Held at the Medical Plaza on the second Thursday of the month, these 90-minute sessions provide an opportunity to learn from area experts on both medical and life-style topics important to senior living
- **Educational Classes** – Covering topics

such as chronic disease management, health education, exercise, and cooking and nutrition, these classes include:

- **Diabetes Self-Management Education** – Group or individual sessions for patients to learn about managing the disease
- **HeartWise Hypertension Self-Management** – A six-week course for patients diagnosed with hypertension
- **Walk with Ease** – A six-week program designed to promote a healthy heart and to reduce arthritic pain through walking
- **Cooking Matters** – A six-week course teaching techniques for preparing healthy meals while staying within a budget

Take charge of your health and talk with your provider today about the programs and classes recommended for you.



Hidden Treasures

Many begin April with a hunt for plastic Easter eggs filled with hidden treasures. When it comes to nutrition, more treasures await those who include chicken eggs in their diet. This EGGstraordinary food contains a plethora of essential nutrients with no sugar, carbohydrates, or gluten.

Weighing between 1.7 - 2.5 ounces, a single egg provides:

- 6 grams of high-quality protein that helps keep you energized and feel full longer
- 14 essential vitamins and minerals - including all B vitamins, vitamins A, D, E, and K, folate, phosphorus, selenium, calcium, and zinc
- All nine essential amino acids - necessary for the proper function of organs, glands, tendons, and arteries, as well as the transportation and storage of nutrients
- Choline - found only in the yolk, choline promotes normal cell activity, liver function, and nutrient transportation

Eggs also contain cholesterol, a waxy substance that naturally occurs in our body and is necessary for producing hormones, vitamin D, and digestive substances.

Decades of discussion on eggs and their cholesterol content has led to some confusion about whether eggs are healthy or not.

According to the United States Department of Agriculture nutrition data, eggs can be enjoyed by healthy adults daily without significantly impacting the risk of heart disease. Anita Longan, a dietitian nutritionist in the Diabetes and Nutrition Center, suggests appreciating an egg or two several days a week, but not every day, noting the American Heart Association recommends 1-2 daily servings of proteins - including eggs - as part of a 2,000 calorie diet.

Calorie needs, however, vary by individual so talk to your provider or dietitian about your dietary needs today.

BE A HERO - Sign up for CAPES for Kids

HopeHealth subsidiary CARE House of the Pee Dee is gearing up for one of their largest events, CAPES for Kids 5K/10K/Kids Fun Run & Costume Contest!

Part of National Child Abuse Prevention Month activities, CAPES for Kids is an effort to increase awareness of the dangers and impact of child abuse, as well to honor the memory of three-year-old Carver Elementary student, Tylashia Grant, whose death resulted from abused and neglect.

CARE House of the Pee Dee has helped more than 5,800 children since their founding in 2006. Their mission is to promote help, hope, and healing in a nurturing environment to child abuse victims and their families. Supportive



services include: prevention, forensic interviews, trauma-focused cognitive behavioral therapy, and parent-child interaction therapy.

CAPES for Kids will be held, Saturday, April 28, at Briggs Elementary School, 1012 Congaree Drive, Florence. The event includes family-friendly activities and a superhero costume contest; so come

dressed up as your favorite hero!

Proceeds will benefit CARE House of the Pee Dee.

For more information, or to register for CAPES for Kids, visit thecarehouse.com or contact Sarah Hill at shill@thecarehouse.com or (843) 629-0236.