



Seniors with Hope

Living A Healthy Senior Lifestyle

A HopeHealth monthly publication for seniors

December 2020

Welcome to the first edition of our Seniors with Hope newsletter. This newsletter was created to connect with our seniors during the COVID-19 pandemic since we are unable to meet for our monthly Seniors with Hope program.



HopeHealth implemented the monthly Seniors with Hope program for the community to address the

health and quality-of-life concerns of our senior population. Seniors with Hope, a program designed to help seniors learn about lifestyle and medical topics, is a partnership with Golden Life and Longs Drugs.

The program began in August 2017 at HopeHealth Medical Plaza in Florence, and expanded in 2018 to include HopeHealth at Bethea and HopeHealth in Kingstree.

In this newsletter, you will find lifestyle and medical articles from our providers. It also includes trivia,

recipes, and birthday recognition. In the future, we will add a section named "Celebrating Seniors," where some of you will be featured.

If you have any ideas for upcoming publications, email me at didavis@hope-health.org, or call 803-525-4241.

We hope you enjoy our newsletter - have a merry Christmas and a happy New Year!

Diane Davis
Manager of Outreach Services



Win a HopeHealth Gift Basket!

What are two popular names for Santa Claus?

Email your answers to Destinee' Gregg at dgregg@hope-health.org or call **803-525-4299** to be entered into a drawing to win a basket of HopeHealth goodies.

Mental Health, COVID-19, and the Holidays

Christopher Moore, MA, LAC, LPC
Behavioral Health Counselor



The "happiest time of the year," "a season of joy," and "holiday season" are all terms that can also be synonymous with "holiday blues," "seasonal depression," and "winter blues."

Unfortunately, this year, we also have to deal with how COVID-19 will change the dynamics of traditional family holidays such as Thanksgiving and Christmas.

As 2020 has been a challenging year for us all, some people may think enjoying the holidays is an impossible task. Factors that can derail the holidays include:

- Finances
- Stress and anxiety
- Grief
- Poor self-care
- Family tension

- Seasonal factors
- Dietary changes
- Overindulging in alcohol

The National Alliance on Mental Illness (NAMI) and The Mayo Clinic suggest the following tips to help keep things from becoming overwhelming and create a memorable holiday season:

- Get enough sleep
- Take time to care for yourself
- Use video conferencing apps to connect with loved ones
- Eat and drink in moderation
- Set a budget
- Make a to-do-list; keep it simple
- Exercise regularly
- Follow safety measures for gatherings such as social distancing, wearing a mask, etc
- Sanitize. Sanitize. Sanitize!

For more information on coping with depression, stress, and COVID-19, visit nami.org or mayoclinic.org.

Christopher Moore has worked in counseling and mental health since 2002.

RECIPE OF THE MONTH Pumpkin Apple Bars



Ingredients:

- Nonstick cooking spray
- 1..... Egg
- 2 Egg whites
- 1 tsp.....Vanilla extract
- 3 tbspsSplenda Brown Sugar blend
- 1/3 cupCanned pumpkin
- 1/4 cupUnsweetened applesauce
- 1 Apple....Peeled and coarsely grated
- 1/2 cup ...Old-fashioned rolled oats
- 1/4 cup ...Almond flour
- 1 Scoop...Vanilla protein powder
- 1 tspGround cinnamon
- 1/2 tspBaking powder

Directions:

1. Preheat oven to 350 degrees F.
2. Coat an 8x8 baking pan with cooking spray.
3. Whisk together egg, egg whites, vanilla, pumpkin, Splenda Brown Sugar Blend, applesauce, and grated apple.
4. In another bowl, mix oats, almond meal, protein powder, cinnamon, and baking powder.
5. Add wet ingredients to dry and mix until blended.
6. Pour into prepared pan and bake for 25 minutes.
7. Let cool before cutting and serving.

Nutrition Facts	
12 Servings	
Serving Size	1 bar (2 inch square)
Amount per serving	
Calories	65
Total Fat 2g	
Saturated Fat 0g	
Cholesterol 20mg	
Sodium 35mg	
Total Carbohydrate 9g	
Dietary Fiber 1g	
Total Sugars 4g	
Protein 4g	
Potassium 85mg	

COVID-19 and Staying Healthy

The coronavirus is widespread throughout our community. As your community health center, HopeHealth is taking steps to support our community during this time.

By implementing telehealth visits, HopeHealth has increased access for our 50,000-plus patients while maintaining social distancing and limiting the risk of COVID-19 exposure for patients and staff.

So, how should people — especially vulnerable individuals — keep themselves safe? Continue to:

- Wear a mask
- Social distance
- Avoid touching your face
- Avoid group gatherings whenever possible
- Wash your hands and use hand sanitizer often
- Get your flu vaccine

Leaving conditions like diabetes, high blood pressure, and heart disease unchecked can have serious consequences later on. It

is also essential to maintain control of chronic health diseases by:

- Following-up with your provider
- Obtaining recommended vaccinations
- Eating healthy
- Exercising regularly
- Taking prescribed medications as directed

As careful as you may be, if you do become sick, seek medical attention early. Call your provider's office to discuss how you can access care without exposing others; you may be able to use telehealth to see your provider without having to leave your home.

To learn more about telehealth, visit hope-health.org/televisit.

Heather Leisy, MD, MBA, MPH
Director of Preventive Medicine



Safety Tips for Holiday Decor

An average 200 home fires start with Christmas trees each year in the U.S. and about 5,800 people are injured from falls involving Christmas decorations. As you prepare for the holiday season, keep these safety tips in mind:

- Purchase decorative lights approved by testing labs US, Intertec, or CSA
- Keep a real tree well watered so it doesn't dry out



- Inspect indoor and outdoor lights for broken sockets, frayed wire, and loose connections
- Don't overload outlets with too many electrical devices
- Never use furniture as a ladder
- Follow the 1-4 rule for extension ladders: for every four feet the ladder rises, move the base out one foot from the structure

These are just a few things to keep in mind that can help avoid injury and keep the holidays a joyous celebration.

William Poole
Director of Security

