



## Wishing You a Merry Christmas and a Happy New Year!

### Preventing Dementia

**Diane Davis**

*Manager of Outreach Services*

Most of us know someone with Alzheimer's disease. Dana Jones, FNP-C at HopeHealth at Bethea, discussed the following features of the disease at Seniors with Hope last month:

1. Disease process
2. Disease prevalence
3. Commonly associated risk factors
4. Prevention strategies
5. Ways to improve outcomes

Jones explained that dementia is an 'umbrella' term used to describe a range of symptoms associated with having trouble remembering, learning new things, and concentrating or making decisions affecting everyday life. Alzheimer's Disease is the most common type of dementia and symptoms include changes in behavior, mood, and ability to reason and function. Other types of dementia include vascular dementia, Lewy body dementia, and frontotemporal dementia.

Alzheimer's Disease leads to nerve cell death and tissue loss throughout the brain. The brain eventually shrinks affecting almost all of its functions.



One in three seniors die from Alzheimer's Disease or another dementia. It kills more than breast cancer and prostate cancer combined. Challenging your brain, exercise, healthy diet/weight, managing chronic diseases and yearly wellness visits are recommended for reducing chances of being diagnosed with dementia.

In October, HopeHealth partnered with the Alzheimer's Association. A few of their goals are to intensify training for care teams, enhance screenings, improve diagnosis and treatments and develop a specialized team for care of patients.

The second session of Seniors with Hope was spent playing bingo.

Seniors decided to have a Christmas party for the December 9 event. Attendees are asked to bring a wrapped gift no more than \$5 for one of the games that will be played.

Seniors with Hope will be held in the Magnolia Room at HopeHealth Medical Plaza in Florence from 2 p.m. until 3:30 p.m. You can email [didavis@hope-health.org](mailto:didavis@hope-health.org) or call 803-525-4241 to reserve your seat. Please wear a mask and social distancing will be practiced.

It has been awesome reconnecting with all of you! Stay safe and may you have a Merry Christmas and a Happy New Year. I hope to you at Seniors with Hope in 2022!



### VETERAN SPOTLIGHT

Last month's Seniors with Hope was held on Veteran's Day. Mr. David Johnson, an Army Veteran, was recognized and given a standing ovation. Dec

August was Seniors with Hope's fifth anniversary. Mr. Johnson has not missed any events.

### DECEMBER BIRTHDAYS

**Best wishes to all celebrating their birthday in December:**

- Lillie M. – Dec. 5
- Harriet E. – Dec. 8
- Rose Mary B. – Dec. 9
- Irene C. – Dec. 21
- Margaret K. – Dec. 26
- Franklin C. – Dec. 30

# Healthy New Year Resolutions

**Dr. Heather Leisy**

*Director of Preventive Medicine*

New Year's Eve is a time for many to create resolutions to achieve personal goals. In a Statista survey, many of these resolutions relate to health:

- 51% want to eat healthier
- 50% want to be more active
- 42% want to lose weight
- 38% want to improve mental well-being

Achieving these resolutions offers substantial health improvements. So, what are some ways to be successful in achieving your goals?

One evidence-based technique for health behavior change is SMART goal setting. "SMART" is an acronym that stands for **Specific, Measurable, Achievable, Relevant, and Time-bound**.

**Specific** asks you to clearly define your goal, such as instead of saying, "I want to lose weight" you should say, "I want to lose 5 pounds."

**Measurable** goals can be counted, so if you want to be more active, count the number of times you went for a walk or track your time exercised.

Your goal must be **Achievable**, so, small, manageable changes are best. For example, setting a goal of losing 20 pounds in a week is both specific and measurable but is not realistic. A more reasonable goal would be to lose 4 pounds this month.

The now detailed, formulated goal must be **Relevant** to you so that it has meaning and motivates you in achieving your goal. Ask yourself, "Why do I want to make this change?" and "How will this change improve my life?" Behind every resolution should exist a personal motivating factor and the confidence to achieve it.

The last step is setting a **Time-bound** goal. Ordinarily, I encourage patients to set weekly or monthly goals. This allows for easier progress monitoring and flexibility to adjust as needed towards a larger goal.

When you set your goal, plan for various hurdles or temptations to quit and develop tools to use to overcome that potential roadblock.

Keeping a diary or log can be a helpful tool for tracking goals. Logging will provide a baseline and also be a more accurate account of your progress than memory alone.

Be patient with yourself and the time it takes to change a behavior. Psychologists estimate that it takes about 10 weeks on average for a new behavior to become automatic. Repeat the healthy behavior many times in the same context until it becomes easier and, eventually, routine.

Finally, do not get discouraged over any apses in the healthy behavior. Just try again. Keep yourself attentive and motivated and hopefully that resolution becomes a habit!

## RECIPE OF THE MONTH S p i c e d P u m p k i n B r e a d



### Ingredients:

- 1 15 oz. can solid pumpkin
- 1 tsp. cinnamon
- ½ tsp. allspice
- 1 tsp. pumpkin pie spice
- 1 16 oz. package angel food cake mix

### Directions:

- Preheat oven to 350 degrees Fahrenheit
- Use a non-stick bread pan or 24 muffin pan lined with paper muffin liners
- In a large bowl combine the pumpkin, pumpkin pie spice, allspice, cinnamon and water together until well mixed
- Gradually stir in the dry cake mix and continue to stir until all the ingredients are well blended
- Fill the bread pan or muffin cups half full
- Bake for 15 minutes or until a toothpick inserted in the center of a muffin comes out clean

**Servings: 24 muffins or 12 slices**

**Serving size: 1 muffin counts as 1 carbohydrate, 1 slice counts as 2 carbohydrates**

## TRIVIA TIME!

Congratulations to **Shirley H.**, winner of last month's Trivia Time drawing. She won a basket of HopeHealth goodies. Enter this month's drawing for a basket of HopeHealth goodies!

**What is the name of the lightweight, non-breakable plastic containers created in 1946?**

Email the correct answer to **Diane Davis** at [didavis@hope-health.org](mailto:didavis@hope-health.org) or call **803-525-4241** by Dec. 9 to enter the drawing.

## COMING UP!

Seniors with Hope  
at the Medical Plaza

**Dec. 9, 2-3:30 p.m.**

Seating is limited.

To reserve your seat, call 803-525-4241  
or email [didavis@hope-health.org](mailto:didavis@hope-health.org)



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