

## RECIPE OF THE MONTH Oven-Fried Fish



### Ingredients:

Non-stick cooking spray  
½ cup cornflake crumbs  
2 tsp. Mrs. Dash seasoning  
1/8 tsp. ground black pepper  
1 lb. fish filets (whiting, snapper,  
tilapia or halibut)

### Directions:

- Preheat oven to 450 degrees Fahrenheit
- Spray a baking pan with non-stick cooking spray
- Mix first three ingredients in a plastic bag and set aside
- Cut fish into 4 oz. pieces
- Place two pieces of fish at a time in the plastic bag and shake to coat
- Arrange on baking sheet so that fish is not touching
- Bake for 10-15 minutes or until fish flakes easily and reaches an internal temperature of 145 degrees Fahrenheit

### Servings:

Servings: 4, serving size: 1 filet,  
counts as 0 carbohydrates

## Friend or Foe? Protecting Yourself from Scammers

**Farrah Hughes, PhD, ABPP**  
*Director of Behavioral Health*

Many who want to live happy, fulfilling lives seek companionship and romance in their golden years. In fact, to be physically and emotionally healthy, it is essential that humans experience connection with others. We may seek connection with those around us, or we may venture into the online world to meet new people. Online encounters can occur on dating websites like OurTime.com and SilverSingles.com, social media outlets such as Facebook and Instagram, or while playing games like Words with Friends, Farmville, or ScrabbleGo. However you meet people, it is important to be cautious and to protect yourself against fraud.

Senior citizens are targets for scam artists for a number of reasons. Often, they have a “nest egg,” own their home, and have excellent credit – all these factors make seniors appealing to predators. Plus, many seniors are seeking companionship. If they are lonely, they are especially vulnerable to predators.

Please do not fall victim to such schemes. I have seen bright, well-educated persons become victims out of a desire to help others and a yearning for companionship. Your savings and retirement funds are yours;

you need them, and you must safeguard them.

Tips to help prevent against scams:

1. Never give others access to your banking or retirement accounts.
2. Safeguard all account numbers, PINs, and passwords.
3. Do not share your full birthdate or social security number.
4. Do not send money to someone whom you do not know, or whom you have not met in person. When in doubt, talk about any requests for money with a trusted friend, family member, pastor, or counselor. It is better to be safe than sorry.
5. Do not let embarrassment or shame prevent you from seeking guidance. The sooner you reach out to someone for a second opinion, the better.

If you have experienced such fraud, know that it is okay to get help and support. You are not alone! You may feel embarrassed or ashamed, but please know that many others feel the same way. What you have learned may save you from future scams.



## TRIVIA TIME!

Congratulations to **Hazel W.**, winner of last month's Trivia Time drawing and a bag of HopeHealth goodies. Enter this month's drawing for a bag of HopeHealth goodies!

**What was the period called between 1946 and 1964, post-World War II, where the United States experienced a greatly elevated birth rate?**

Email the correct answer to Diane Davis at [didavis@hope-health.org](mailto:didavis@hope-health.org) or call **803-525-4241** by Nov. 10 to enter the drawing.

## NOVEMBER BIRTHDAYS

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

Trish B. | JoAnn J.  
Littell L. | Joan M.  
Jessie P. | Patricia S.





## Happy Veterans Day | Thank you to all who have served.



**Stephen Orander, director of pharmacy at HopeHealth, discusses medication safety during Seniors with Hope in October.**

## Medication safety & senior living

### Diane Davis

*Manager of Outreach Services*

Did you know medication should not be stored in the bathroom? The steam and moisture from your bath or shower can lessen the effectiveness of medication. This is one of many points learned from Stephen Orander, director of pharmacy at HopeHealth, during Seniors with Hope last month. His tips on medication safety include:

- Keep a list of all medication taken, the dosage used, and what the medication treats
- Take medications at the correct time and as prescribed
- Capsules or tablets should be taken whole unless otherwise instructed
- Never keep medication in direct sunlight and heat
- Make sure your provider knows all medications you are taking and any allergies you may have
- Always store medications in original bottles unless using a pill box

Jessica Bonnoitt was the second speaker. She is the community relations manager with Enlivant at Florence Place, 1938 Mountain Laurel Court.

Florence Place is an apartment complex where residents who are able can come and go. The facility offers social gatherings, games, private outdoor areas and transportation for errands/appointments. Their four levels of care are: assisted living, memory, independent, and short term.

The next Seniors with Hope is Nov. 11 from 2 - 3:30 p.m. in the Magnolia Room at the HopeHealth Medical Plaza in Florence. The first speaker will be Dana Jones, family nurse practitioner at HopeHealth at Bethea. She will discuss Alzheimers. Bingo will be played during the second half of the program.

Email [didavis@hope-health.org](mailto:didavis@hope-health.org) or call 803-525-4241 to reserve your seat. Masks are required and social distancing will be practiced.

## Get Your Flu Shot Now!

With flu season lasting through May, now is the time to get your shot.

Since it can take about two weeks after vaccination for your body to develop sufficient antibodies to protect against the virus, getting your flu shot early is important.

Check with your provider today about getting your flu vaccination.

If you think you have the flu, stay home to prevent passing the virus to others, and rest. If you must leave your home, wear a face mask to prevent passing on the flu.

Those most at risk for flu complications should get their vaccination as soon as possible. This includes:

- Children aged 6 months through 4 years
- People with certain chronic conditions
- Those who are immunosuppressed
- Women who are or will be pregnant during the influenza season
- Nursing home residents
- People with extreme obesity

## Happy Thanksgiving!

All HopeHealth offices will be closed

**Thursday, Nov. 25,  
and Friday, Nov. 26,**

to celebrate Thanksgiving.