



Seniors with Hope

Living A Healthy Senior Lifestyle

A HopeHealth monthly publication for seniors

March 2022

Seniors with Hope Resumes in March

The next Seniors with Hope will be held **March 10th at the HopeHealth Medical Plaza at 360 North Irby Street.** Our first speaker, Sonda Jett-Clair, the chronic disease prevention coordinator at HopeHealth, will discuss "Smart Habits of Healthy Eaters."

Natalie Johnson, a health educator with the South Carolina Department of Health and Environmental Control, will also present on how to stay safe during the pandemic.

To reserve your seat and answer this month's trivia question, email me at didavis@hope-health.org or call 803-525-4241.



If I don't answer the telephone, please leave a message. Remember, masks are required to attend.

Diane Davis
Manager of Outreach Services

Vital Aging: Reaching Seniors, Touching Lives



Vital Aging of Williamsburg County, Inc. is a not-for-profit charitable organization providing nutrition and other services to individuals 60 and older since 1997 in Williamsburg County.

We are a strong community partner that offers invaluable services to older members of our rural community. Essential services provided include home delivered meals, three Senior Centers (Greeleyville, Kingstree, and Hemingway), evidence-based nutrition and exercise programs, and our Home-maker program for light housekeeping and errands.

Since the onset of the Covid-19 pandemic, the agency has modified the delivery of our services to help protect, combat, and reverse the devastating effects of social isolation brought on by

the pandemic. We are mindful to protect our staff and our seniors. Despite many challenges, we have found ways to meet the increased needs for our services to a large, underserved rural senior population.

As we reflect on the past two years, it has been life-changing for our seniors. They have faced isolation with little human connection. In a virtual world where our seniors feel lost, we have worked hard to maintain services that provide their essential needs while also offering human connection. Despite obstacles and closures, meals are delivered, seniors are engaged, and lives are touched. We have learned not to take things for granted, and most importantly, to care.

To learn more about our programs, services, upcoming activities, and how you can help, visit our website at vitalaginginc.org or call 843-354-5496. If you know a senior who would benefit from our essential services, please make a referral through our regional hotline at 843-436-6260.

Vital Aging Management and Administration

MARCH BIRTHDAYS

Best wishes to all our March birthdays!

Frances B. 7th Martha B. 19th
Gloria B. 9th Carolyn B. 27th
Anndena A. 13th

HopeHealth at Bethea Partnership

On behalf of the partnership with the Institute for Healthcare Improvement (IHI), HopeHealth at Bethea is now proudly recognized as an Age-Friendly Health System Participant.

Participants are recognized for working towards the requirements of becoming an Age-Friendly Health System, including submitting a description

of how they are putting into practice the 4Ms: What Matters, Medications, Mentation, and Mobility.

The founding partners of this initiative include The John A. Hartford Foundation, the Institute for Healthcare Improvement, the American Hospital Association, and the Catholic Health Association of the United States.

HopeHealth at Bethea is currently at Level 1 of recognition for health systems and making great strides toward becoming Level 2 status, which is the Age-Friendly Health System-Committed to Care Excellence.

HopeHealth at Bethea is accepting patients of all ages.

Chronic Disease and Mental Health

Nicole Troutman
Behavioral Health



According to the Centers for Disease Control and Prevention, one in six Americans live with a chronic disease such as diabetes, hypertension, pain, and others. All affect you physically, but they can also have a significant impact on your mental and emotional health.

First Diagnosis

From the moment you are first diagnosed with a chronic disease, all sorts of things can go through your mind. It is perfectly normal to feel a sense of despair, loss of control, anger, shock, and disbelief. You may even ask, "why me?" But understand that it is how you cope with these emotions that makes the difference.

Coping

First, educate yourself on your condition. Having a good understanding enables you to make informed decisions about your healthcare needs. With so many issues beyond your control, knowledge will help you feel a sense of empowerment over the condition.

When dealing with chronic disease, depression often develops and can come in many forms. It could be loss or increase of appetite, insomnia, mood swings, restlessness, or anger.

Coping techniques to help combat depression and relieve stress include:

- Exercise and physical activity
- Practicing mindfulness
- Self-care
- Meditation
- Journaling
- Focusing on the present
- Avoiding ruminative thoughts
- Challenging negative thoughts
- Keeping busy with hobbies, fun activities, socialization, etc.
- Looking for the positives

Having strong social support is crucial. This may come in the form of friends, family, church fellowship, your medical provider, and therapist. Your provider can often make referrals for counseling and, when appropriate, may recommend psychotropic interventions. Behavioral health providers can offer vital support.

Not all physical conditions can be quickly or easily resolved, but it is always important to address the behavioral health issues that may arise and improve your quality of life.

Remember, you are not your disease – be yourself! The disease does not determine who you are, you do!

For more about how behavioral health can help you manage your chronic disease, talk to your provider today.

Nicole Troutman is a behavioral health consultant serving patients at HopeHealth in Aiken. From Batesburg, S.C., Troutman is a member of the National Association of Social Workers.

RECIPE OF THE MONTH Lemon Chicken & Potatoes



Ingredients:

- Non-stick cooking spray
- 6-6 oz. chicken breasts, with skin and fat removed
- 1 tbsp. olive oil
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 cup chicken broth, low sodium
- 1/4 cup fresh lemon juice
- 3 cloves of garlic, minced
- 3 large baking potatoes, washed, cut into 1/2 inch thick slices
- 12 lemon slices

Directions:

1. Preheat oven to 375 degrees F
2. Coat baking pan with non-stick cooking spray
3. Place chicken on baking pan. Brush chicken with oil and sprinkle with salt and pepper
4. Combine broth, lemon juice, and garlic. Pour half of the liquid over the chicken
5. Bake uncovered for 30 minutes basting often with pan juices
6. Remove from oven and arrange potatoes in single layer
7. Pour remaining broth mixture in the pan
8. Top each chicken breast with 2 lemon slices
9. Bake for 30 minutes or until chicken reaches an internal temperature of 165 degrees F
10. Remove from oven and serve hot

Servings: 6

Servings: 1 breast, 1/2 potato
Counts as 2 1/2 carbohydrates

TRIVIA TIME!

Congratulations to **Lillie M. of Effingham**, last month's Trivia Time winner. She received two HopeHealth lawn chairs. The answer to the trivia question was "The Beatles." Enter now for your chance to win a HopeHealth gift basket!

Q: What film premiered on May 25, 1977, popularizing the sci-fi movie genre?

Email the correct answer to **Diane Davis** at didavis@hope-health.org or call **803-525-4241** by March 9th to enter the drawing.



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