



Seniors with Hope

Living A Healthy Senior Lifestyle

A HopeHealth monthly publication for seniors

April 2021

WE'RE BACK!

Before COVID-19, Seniors with Hope was held at three locations each month:

- Bethea Retirement Community the first Thursday
- HopeHealth Medical Plaza the second Thursday
- HopeHealth in Kingstree the third Thursday



The program began in 2017 and was designed to help seniors learn about lifestyle and medical topics. Over the years, we have listened to excellent speakers, made new friends, played games, and enjoyed time together.

On May 13, we will resume Seniors with Hope at the Medical Plaza only for now. The program will be held from 2 - 3:30 p.m., but is limited to no more than 24 people.

We will wear masks and practice social distancing. Some of you may not feel comfortable attending events, which is fine. The Seniors with Hope newsletter will continue to be published monthly.

Dr. Heather Leisy, HopeHealth director of prevention, will be our speaker for the May program. She will provide the latest updates on COVID-19 and answer your questions. The second portion of the program will be a fun activity.

Email me at didavis@hope-health.org, or call 803-525-4241, to reserve your seat for the May 13 Seniors with Hope program. Remember, seating is limited. Don't forget to leave your name if you leave a message and let me know if you are bringing a guest.

I look forward to seeing some of you next month!

Diane Davis
Manager of Outreach Services

Win a basket of HopeHealth goodies!

Congratulations to Margaret B. who won the March drawing for a bag of HopeHealth goodies with her correct answer to "What is the name of Elvis Presley's estate located in Memphis, TN?" The answer was **Graceland**.

Enter this month's drawing for a basket of goodies by providing the correct answer to this month's trivia:

Which famous singer of the 40s and 50s had the nickname 'Ol' Blue Eyes'?

Email Diane Davis at didavis@hope-health.org with the correct answer or call **803-525-4241** by May 7.



Happy Mother's Day | May 9

The American Mother's Day originated in 1908. It became an official U.S. holiday in 1914 when President Woodrow Wilson signed a measure establishing the holiday on the second Sunday in May.

APRIL BIRTHDAYS

Betty C. | Johnnie G. | Susan R.

COMING UP!

Seniors with Hope at the Medical Plaza is Back!



May 13, 2-3:30 p.m.

Seating is limited. Call 803-525-4241 or email didavis@hope-health.org to reserve your seat.

Medicare Annual Wellness Visits

What they are, what to expect, why you need to schedule one

Dana Jones
Family Nurse Practitioner

Your provider's office called this morning and wants to schedule a Medicare annual wellness visit. You're up to date on your shots. You see your doctor every three months for your diabetes. And you had a physical just last month.

So why do you need to schedule an annual wellness visit?

First, this is a valuable and required part of your Medicare benefits package. Second, it gives you and your provider an opportunity to focus on your overall health care plan together, rather than just one concern.

The purpose is to review your individual health needs and risk factors to connect you with the services, resources and guidance necessary to live the best life possible. It is mostly a planning visit where you and your provider create a personal wellness plan. In fact, there will not be a physical exam.

The Medicare annual wellness visit is a valuable service covered in full by Medicare and provided by a medical provider such as a medical doctor, nurse practitioner or physician's assistant.

When preparing for an annual

wellness visit, it is important to understand it is not the same as a yearly physical exam. The annual wellness visit will not focus on new or worsening symptoms. Those concerns will need to be addressed at a separate appointment.



This plan creates a comprehensive review that helps identify your personal risks and needs using:

- Health and lifestyle
- Medical history
- Measurements (height, weight, etc.)
- Test results
- Current medications

At your appointment, your provider will discuss recommended screening and lifestyle measures. You will also be given the tools to understand what is recommended and why.

Together, you and your provider will decide which screenings to do, most of which are covered in full. You also will be given a written copy of the recommended screening and wellness plan upon checkout.

Schedule an annual wellness visit today and help craft a prevention and wellness plan that addresses your priorities and celebrates your successes.

COVID-19 Vaccinations

Scheduling for COVID-19 vaccinations is now open to all HopeHealth patients age 18 and older. Currently, we can not expand vaccination to those younger than 18 as we administer the Moderna vaccine.

A COVID-19 vaccine clinic will be held at the Medical Plaza and Manning locations on Saturday, April 24.

Call your providers office to schedule your vaccine today.

RECIPE OF THE MONTH SALMON BAKE



Ingredients:

- 1 medium onion, chopped
- 2 stalks celery, chopped
- ½ medium green bell pepper, chopped
- ½ cup water
- 8 oz. cooked salmon (from packet or canned)
- ¼ cup Greek yogurt, plain
- 2 egg whites, beaten (or ¼ cup egg substitute)
- 6 Tbsp. sourdough bread crumbs

Directions:

1. Preheat oven to 350 degrees F
2. Sauté onion, celery and pepper in water until tender
3. Combine vegetables with salmon, yogurt and 4 Tbsp. bread crumbs. Fold in beaten egg white
4. Place in a non-stick baking dish
5. Sprinkle top with remaining bread crumbs
6. Bake for 1 hour. Cool 5 minutes before serving

Servings:

Serves 2, Serving size: 4 oz., Counts as 1 ½ Carbohydrates

