



Seniors with Hope

Living A Healthy Senior Lifestyle

A HopeHealth monthly publication for seniors

October 2021



Seniors practiced their Tai Chi moves during Seniors with Hope in September.

Maintaining Physical and Fiscal Balance

Diane Davis

Manager of Outreach Services

Carol Ann Berry, family nurse practitioner at HopeHealth, spoke about "Aging Gracefully with Arthritis" at last month's Seniors with Hope. Berry discussed the three healthy behaviors to reduce arthritis symptoms: exercise, maintaining a healthy weight, and healthy eating options.

Berry showed a short video on Tai Chi, a series of gentle physical exercises and stretches that senior citizens can perform. To keep a healthy weight, Berry suggested daily weight bearing exercises, aqua therapy and/or stretching. Some healthy food options are broccoli, blueberries, pineapple, bananas, dark green vegetables, and green tea beverages.

Shakala Baker, nurse office manager at HopeHealth in Manning, was the second Seniors with Hope speaker and has been couponing since 2018. Baker spoke about the amount of money she has saved using

cutout coupons from newspapers combined with store coupons and sales. She suggested saving receipts from Dollar General and CVS because they have a coupon attached. She also suggested sharing your email with clothing and shoe stores. Most stores email coupons for your birthday and during holidays.

The next Seniors with Hope will be held Oct. 14 from 2 – 3:30 p.m. in the Magnolia Room at the HopeHealth Medical Plaza in Florence. The first speaker will be Stephan Orander, director of pharmacy at HopeHealth. He will discuss medication safety. Jessica Bonnoitt, communications manager at Enlivant, will be the second speaker and discuss Florence Place Assisted Living Community.

Remember to email me at didavis@hope-health.org or call 803-525-4241 to reserve your seat. If I am unable to answer your call, leave your name and if you are bringing a guest. A mask is required and social distancing will be practiced.

Breast Health

Brinda Chokshi, MD

Physician

The leading cause of death from cancer for women worldwide is breast cancer - and second in the United States. It is through patient awareness and a willingness to team with providers that breast cancer can be detected early and treated, reducing the risk of death. Partnering with your provider and regular self-exams can save lives.

I often discuss breast health with my patients. So, what do I tell them when discussing breast health? Here are two of the most common questions I hear, and my recommendations:

What can I do to maintain good breast health?

I cannot emphasize this enough: develop a partnership with your provider! We rely on you to work with us and provide the bigger picture of your health rather than just the snapshot we see during the office visit. This means doing things like self-breast exams for unusual lumps and annual mammograms.

When should I start and how often should I do my mammogram while COVID-19 is still a risk?

Absolutely! Unfortunately, in addition to the many other challenges created by the global pandemic, many people have put preventative care on hold, resulting in more conditions like cancer being detected much later, delaying treatment.

I encourage patients to have mammogram screenings even during COVID-19 because early detection is key to achieving the best outcomes. Trust that technicians have been trained to mitigate the risks of transmitting COVID-19 by wearing personal protective equipment for their safety and yours.

Dr. Brinda Chokshi is a primary care provider at the HopeHealth Medical Plaza in Florence and specializes in internal medicine.

For more of her Q&As regarding breast health, visit [hope-health.org/news](https://www.hope-health.org/news).

Best wishes to all celebrating their birthday in October:

**OCTOBER
BIRTHDAYS**

Tomasina B | Florine B | Misty B
Elizabeth J | Lorraine M | Margaret M

Why I Got Vaccinated

Falecia L. Miller, DNP, RN
Associate Vice President – Clinical
Operations, South

When COVID-19 vaccine talks started to circulate, I was totally against it. I said to myself there is no way a vaccine was developed that quickly, safely. All kinds of thoughts ran through my mind. But fast forward to January 2021. I witnessed one too many stories of death and pain of the coronavirus affecting people near and far.

I said to myself, “how can I be an advocate of health and promoting a healthy community and be hesitant about a potential lifesaving intervention?” I received my first COVID-19 vaccine Jan. 5 and the second on Jan. 26. This was the best decision I could have made. The effects of the vaccine were very similar to when I received my annual flu vaccine. I had soreness at the vaccine site but no other issues.

However, on Feb. 1, after showing symptoms (sore throat, no fever) I was diagnosed with COVID-19. I stayed quarantined for 14 days as directed. As the 14th day drew closer, I noticed I wasn't getting better, but seemingly worse. I developed shortness of breath that was unbearable at times.

It turned out to be bilateral COVID pneumonia which brought my oxygen levels down to dangerous levels. I actually went to the local emergency room three times in the two weeks following, was placed on high-dose

oxygen at home, and had no taste or smell. There was no appetite, so I lost about 20 pounds over this period. I ended up being out of work for five weeks and, even when returning, it took some time to build my endurance back to my pre-COVID state.

When asked if I would get the COVID vaccine again, I answer, “Absolutely!” I truly believe that I would have been worse if I didn't have some antibodies from the vaccine already on board in my body.

When asked, “how could you get COVID-19 if you got the vaccine?” I answer that immunity doesn't happen immediately after vaccination. It typically takes about two weeks for your body to build up immunity. Because of this, you can still become ill during this time frame.

My entire household is now vaccinated including my 15 and 20-year-old sons and my parents who are 70-years old. My mother actually contracted and recovered from COVID-19 while helping me during my sickness. Both of my parents have underlying health conditions to include hypertension for my mother and Parkinson's disease for my father. They knew hands down that I would push for them to be vaccinated.

I will continue to encourage others to get vaccinated. If not for you, do it for your family, friends, and community.



RECIPE OF THE MONTH Spiced Oatmeal



Ingredients:

- 3 cups 1% low-fat milk
- 1 cup old fashioned oats
- 2 tbsps. Splenda brown sugar substitute
- ¼ tsp. ground allspice
- ½ tsp. ground cinnamon
- ½ cup raisins (optional)
- ½ cup pecans, walnuts or almonds, chopped

Directions:

- Preheat oven to 400° Fahrenheit
- In a 2-quart saucepan, combine milk, oats, brown sugar, cinnamon and allspice
- Bring to a boil; reduce heat
- Simmer, uncovered for 5 – 10 minutes or until desired doneness and consistency, stirring occasionally
- Stir in raisins and nuts
- Serve immediately

Servings:

Servings: 12, serving size: 2 cookies, counts as 1 carbohydrate

TRIVIA TIME!

Congratulations to Margaret B., winner of last month's Trivia Time drawing and a basket of HopeHealth goodies. Enter this month's drawing for a bag of HopeHealth goodies!

What state became the 49th on January 3, 1959?

Email the correct answer to Diane Davis at didavis@hope-health.org or call 803-525-4241 by Oct. 13 to enter the drawing.



COMING UP!

Seniors with Hope
at the Medical Plaza

Oct. 14, 2-3:30 p.m.

Seating is limited.
To reserve your seat, call 803-525-4241
or email didavis@hope-health.org



hope-health.org

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