



Wishing You Positive Well-being in 2022



Seniors gather for a festive photo under the tree at the Seniors with Hope Christmas party held December 9.

Welcome Back Seniors with Hope in 2022

I hope everyone had a safe and joyful Christmas and New Year shared with friends and family.

I look forward to planning activities and speakers for 2022 and welcome your suggestions on topics covering health, self-care and lifestyle.

Seniors with Hope will continue to be held at the Medical Plaza on Irby Street. We will keep you updated as to when events will resume at the Kingtree office and Bethea Retirement Community.

Did you make a New Year's resolution this year? A popular resolution that many people make is to eat healthier foods. On January 13, Sonda Jett-Clair, chronic disease prevention coordinator at HopeHealth, will teach us how to do this at Seniors with Hope.

The second speaker will be Sgt. Andron Brown with the Florence

City Police Department. Sgt. Brown will discuss human trafficking.

Attendees of last month's Seniors with Hope ended the year with a Christmas party on December 9. Everyone brought a small gift for the White Elephant exchange. We also played charades and other games.

Remember, to reserve your seat and answer this month's trivia question, please email me at didavis@hope-health.org or call 803-525-4241. If I don't answer the telephone, please leave a message.

Masks are required to attend.

Diane Davis
Manager of Outreach Services



What is BMI?

Caitlin Guess

Registered Dietitian Nutritionist
HopeHealth Diabetes and Nutrition Institute

BMI is a measure of your body size based on your height and weight that classifies you as "normal", "underweight", "overweight", or "obese" based on pre-set categories established in 1998 by the National Institutes of Health (NIH). They are as follows:

- Underweight: BMI less than 18.5
- Normal: BMI 18.5-25
- Overweight: BMI 26-29.9
- Obese: BMI 30 and above

Does this mean you're unhealthy if your BMI is above or below normal? Not exactly.

In general, higher BMIs increase risk of developing chronic health conditions linked with excess weight, such as diabetes, high blood pressure, and arthritis to name a few. However, with all of these diseases, BMI alone is not the only factor to consider when determining health or illness.

Some limitations of BMI include:

- BMI does not discriminate weight from muscle versus weight from fat
- It is most effective as a population measure, not an individual measure
- Percent body fat and muscle mass can vary by race and ethnic group

BMI alone does not define your health, but it can be considered in the overall assessment of your health. Independent of any particular disease, people with high BMIs often report feeling better, both physically and psychologically, after losing any excess weight.

In general, the behaviors that impact your weight, and therefore BMI, like healthy eating, exercise, stress management, adequate sleep, and self-care are the most important things to focus on for your health in the new year.

RECIPE OF THE MONTH Chicken Stir Fry



Ingredients:

- Non-stick cooking spray
- 1 lb. skinless, boneless chicken breast, cut into bite-size pieces
- 1 tsp. garlic powder
- ¼ cup low-salt teriyaki sauce, divided
- 1 cup green bell pepper, sliced
- 1 cup yellow bell pepper, sliced
- 1 cup red bell pepper, sliced
- 2 cups green onions, sliced or diced

Directions:

1. Spray a large skillet with non-stick cooking spray.
2. Stir fry the chicken over medium heat with garlic and half of teriyaki sauce until internal temperature reaches 165 degrees Fahrenheit.
3. Remove the chicken from the skillet and keep warm.
4. Add peppers, onions and the other half of the teriyaki sauce to skillet.
5. Stir fry the vegetables until crisp and tender. Add some water to prevent sticking.
6. Add the chicken and sauté for one minute.
7. Serve over 1/3 cup brown rice or noodles.

Servings: 4, Serving size: 1 ½ cups, counts as 2 carbohydrates



Staying Active at the YMCA

Dorothy Krasias
HR/Membership Administrator
Florence Family YMCA

Our mission at the Florence Family YMCA is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all. Our senior members especially recognize the value of exercise along with the social benefits of the Y.

The Florence Family YMCA offers a variety of activities for our Senior members. We have exercise machines and two weight areas, one free-weight area and one room with Cybex brand equipment for stabilized muscle movement. If you enjoy being with others, we have group fitness classes.

We offer 2 free fitness orientations: orientation 1 consists of a health screening and introduction to the cardiovascular equipment; orientation 2 is an introduction to Cybex strength training equipment, stretching, and free weight exercises.

For members who enjoy competitive activities, we have racquetball rooms and the basketball gym. Many members meet to play with and against

one another, building friendships and encouraging one another to maintain their activities of daily living.

Our heated indoor pool offers marked lap lanes. Individuals can swim laps to improve their time while others enjoy aqua jogging. Located next to the indoor pool is our co-ed whirlpool. Also, we offer 4 types of aquatic fitness classes scheduled 6 days a week.

Each of our men and women's locker rooms are equipped with a steam room and a sauna. The steam room offers damp heat to open pores while others may enjoy the dry heat of the sauna to aid with the symptoms of arthritis.

Whatever your need, we can assist you at the Florence Family YMCA. Please visit our website at www.florenceymca.org, call us at 843-665-1234, or visit us in person at 1700 Rutherford Drive. We would love to give you a tour!

Hours: Mon- Thurs 4:30 am – 9 pm,
Friday 4:30 am – 8 pm, Sat 8 am – 6 pm,
and Sun 1:30 pm – 6 pm.

JOIN US!

Seniors with Hope
at the Medical Plaza
Jan. 13, 2-3:30 p.m.

Seating is limited.

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



TRIVIA TIME!

Mary B. of Effingham is December's Trivia Time drawing winner and recipient of a HopeHealth goodie basket. Enter this month's drawing for your chance to win!

What dance-inspired toy did the company Wham-O begin selling in 1958?

Email the correct answer to **Diane Davis** at didavis@hope-health.org or call **803-525-4241** by Jan. 12 to enter the drawing.



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