



# Seniors with Hope

Living A Healthy Senior Lifestyle

A HopeHealth monthly  
publication for seniors  
**September 2022**

## Communicating Confidently

**Farrah Hughes**  
*PhD, ABPP*

Have you ever found yourself struggling to know what to say? Maybe you were on a first date and weren't sure how to keep the conversation going, or were speaking with someone and found it difficult to make a connection.



We Love Our Granny recently surveyed almost 200 seniors to find out what makes for successful communication. They found that men and women want the same thing on a first date: good conversation. Fortunately, there are easy strategies we can use to improve our conversational skills!

Generally, avoid these topics on a first date:

- Your ex or family drama
- Medical issues, surgeries, and illnesses
- Finances, income, and money
- Religion and politics
- Complaining

You also want to keep the other person engaged by asking open-ended questions, and providing opportunities to learn about each other. For example:

- What makes you laugh the most?
- What is your biggest passion right now?
- Tell me about your family.
- Do you have children? Tell me about them.
- What is the most fun job you have ever had?
- Are you a pet person?
- What does an ideal weekend look like to you?
- What do you enjoy doing in your free time?

Remember to ask upbeat, open-ended questions. If you follow these guidelines and practice asking enjoyable questions, you will be able to communicate confidently in no time!

Farrah Hughes, PhD, is a licensed clinical psychologist and serves as the director of Behavioral Health Services at HopeHealth. She is happily married to her best friend of over 23 years and together they have two children. She is a member of the American Psychological Association, the Collaborative Family Healthcare Association, and the Society for Couple and Family Psychology.



*Mr. David Johnson is being featured as our Senior of the Month.*

## Senior of the Month Spotlight and Event Recap

**Nigel K. Johnson**  
*Customer Service Specialist*

For our first Senior of the Month spotlight we are highlighting Mr. David Johnson. Mr. Johnson is a 74-year-old Veteran and native of Timmonsville, South Carolina. He believes that the most important element of aging gracefully is "getting a checkup and seeing your doctor, while trying to stay in good health." This is our main goal with Seniors with Hope, to educate our seniors on ways to stay healthy and encourage them to have fun.

Mr. Johnson has been attending Seniors with Hope for about five years and enjoys every minute of it. He states, "I come to Seniors with Hope because I enjoy it and the programs give good information." Being able to educate our seniors on a multitude of topics from the importance of annual wellness screenings, to using technology, has allowed us to give back to the older adults in our communities. Let's congratulate David Johnson on being our first Seniors with Hope spotlight!

Barbara Tolson-Haywood and Courtney Levy, staff attorneys from South Carolina Legal Services, spoke

with Clifford McBride, senior staff attorney, at the August Seniors with Hope events about how they assist low-income residents of South Carolina.

They provide services like resolving legal disputes, protecting clients from scams, and helping with family law matters. Barbara also discussed advance directives which can help clients make their end-of-life wishes clearer.

Nicole Echols, director of external affairs at HopeHealth, discussed National Health Center Week and the importance of community health centers. Those interested in signing up to be advocates for CHCs can sign up at [hcadvocacy.org](http://hcadvocacy.org), or reach out to her at [nechols@hope-health.org](mailto:nechols@hope-health.org).

September Seniors with Hope events will feature Alice Gallego, outreach coordinator for the CARE House, and Nichole Gibson, community outreach advocate at Welvista.



**SEPTEMBER  
BIRTHDAYS**

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

Veda B | Patricia B | Frances B | Virginia D | Linda J | Margaret O



## Diabetes and Exercise

**Kayla Thompson**  
MS, ACSM-EP

Graduating high school, going to college or beginning a new job, buying a home, starting a family, retiring - all life aspects are outside our comfort zones to some degree. The same can be said of our fitness level. No matter who you are, your journey can lead to greatness if you step out of your comfort zone.

Maybe stepping out of your comfort zone looks like exercising through illness. There are many conditions that can affect your exercise capabilities or may require special awareness during your fitness journey, such as diabetes. Those diagnosed with diabetes need to pay careful attention when planning for their daily dose of exercise due to their condition. Let's look at how to step out of our comfort zone and take into account the difficulties of those facing exercise with diabetes.

Timing can be important when starting your exercise journey, especially if you have a chronic condition. We live in a very hot climate for what seems like 11 months out of the year; planning your routine according to the weather can be crucial. For conditions like diabetes, ACSM states, "Early morning exercise, in particular, may result in elevations in blood glucose levels instead of the usual decrease with moderate activity." If you aren't a morning person, breaking out of your comfort zone may look like getting up ten minutes earlier to go on a walk before you start the day. Small goals lead to big results.

Choosing what type of exercise to perform is important as well. You need to incorporate cardiorespiratory, resistance, and flexibility training into your week. If you are a diabetic, ACSM states, "Completing resistance training (strength) prior to aerobic training (cardio) may lower the risk of post-exercise hypoglycemia."

Most importantly, cut out your sitting time and get moving. What does decreasing sedentary time look like? For every thirty minutes of sitting, get up and move for two minutes. Set reminders on your phone, or use an app. Get up during television commercials and move. Set a goal to build to. It may look like a walk for five minutes every day and slowly building to thirty minutes a day.

Choose today to make better health decision for your future. If you're a grandparent or a soon-to-be grandparent, fight for a healthy and long life to see your great-grandkids. Set a goal, set a reason or drive for the goal, and work at it! I believe in you! Get up and get moving! Please reach out to me with any questions or if you need any help. You can email me at [kthompson@hope-health.org](mailto:kthompson@hope-health.org).

Kayla Thompson is a diabetes care navigator at the HopeHealth Medical Plaza in Florence and is a certified exercise physiologist through the American College of Sports Medicine. She has a Master of Science in clinical exercise science.



## RECIPE OF THE MONTH Oven Fried Chicken



### Ingredients:

Non-stick cooking spray  
1 3 lb. fryer chicken, skin and fat removed  
1 cup 1% or skim milk  
1 tsp. garlic powder  
1 tsp. onion powder  
1 tsp. paprika  
1 tsp. black pepper  
1 tsp. Mrs. Dash seasoning  
1/8 tsp. red pepper  
1 cup flour

### Directions:

- Preheat oven to 400 F.
- Cut chicken into pieces and place in milk.
- In a large bowl, combine all remaining ingredients.
- Coat each piece of chicken with flour mixture. Discard remaining flour and milk.
- Place chicken in baking pan. Spray top of chicken with non-stick cooking spray.
- Bake for 45 minutes or until chicken juices run clear and reaches an internal temperature of 165 F.

**Servings: 6**

**Serving Size: 1 breast, 1 thigh, or a drumstick and wing**

**Counts as 1 Carbohydrate**

## TRIVIA TIME!

Congratulations to Diane R., winner of last month's Trivia Time. Diane received a HopeHealth gift basket. The answers to the trivia question were Larry, Curly, and Moe. Enter this month's drawing for a chance to win a HopeHealth gift basket. The entry deadline is **September 7**.

**Trivia question: Ward and June were two main characters from what famous TV show of the late 50s and early 60s?**

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



## COMING UP!

**Seniors with Hope  
at Bethea Chapel  
157 Home Avenue, Darlington  
September 1, 2-3:30 p.m.**

Park at HopeHealth office and enter adjacent door to sign in + have temperature taken.

**Seniors with Hope  
at the Medical Plaza  
360 N. Irby Street, Florence  
September 8, 2-3:30 p.m.**

Please wear a mask at the Medical Plaza.



[hope-health.org](http://hope-health.org)

360 N. Irby St.  
Florence, SC 29501

