



# Seniors with Hope

Living A Healthy Senior Lifestyle

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

Wishing You A Happy Thanksgiving!



**Senior of the Month**  
Ms. Mary Vivian Brown

## Seven Medication Safety Tips

**Kimberly Reich**  
PharmD

According to the Centers for Disease Control (CDC), 22.4% of US adults take five or more medications per day, referred to as polypharmacy.



Polypharmacy can create medication compliance issues and can pose a problem if medications interact with each other or other substances.

People over 65 are more at risk for adverse drug reactions; polypharmacy in the elderly is associated with falls, frailty, kidney impairment, hospitalizations, and death.

Here are seven important tips to consider for medication safety:

1. Keep a list of what you're taking.
2. Ask questions about your medications, like what the medication is for and how to take it.
3. Do your research and contact your provider with any side effects.
4. Organize your medications.
5. Use one pharmacy to fill prescriptions.
6. Be careful with new symptoms.
7. Schedule an annual medication review to go over all medications with your provider.

Medications work best when taken properly, so find a system that works for you!

HopeHealth offers two pharmacy locations: the Medical Plaza (360 N. Irby Street) and Pine Needles (3380 Pine Needles Road). Both pharmacies are located in Florence and have convenient hours, free delivery, drive-thru service, and affordable prescription pricing. Visit or call 843-667-9414 for more information.



*Tim Weaver, FNP, was one of the providers who educated attendees on strokes.*

## Senior of the Month Spotlight and Event Recap

**Nigel K. Johnson**  
Customer Service Specialist

November's Senior of the Month is Ms. Mary Vivian Brown. A native of Florence, Ms. Brown is 80 years old and loves attending Seniors with Hope at the Medical Plaza.

Ms. Brown enjoys the program because she loves meeting people and learning new things about health care. "My favorite thing about going to Seniors with Hope is meeting people from all walks of life. I am retired, and being able to get out of the house and be with people around my age feels good."

She also loves the speakers, and says the most informative topic she has learned about is how to prevent strokes, discussed during the October Seniors with Hope events.

Providers Tim Weaver, FNP and Laura Lee Samuel, APRN, FNP-C provided stroke education by discussing the types of strokes, causes, prevention, and how to identify a stroke.

F.A.S.T. (Face Drooping, Arm Weakness, Speech Difficulty, and Time to Call 9-1-1) is an easy way to remember the

signs of a stroke.

They also discussed clot-busting medication, most effective if started within three hours after the stroke occurs. South Carolina is one of the regions in the southeastern part of U.S. dubbed "the stroke belt" due to a high incidence of strokes, and Florence, SC is considered the stroke capital of the world.



Cindy Averitt, manager of volunteer programs at HopeHealth, also presented at Seniors with Hope. She discussed how volunteering can help relieve stress, anger, and anxiety, and can increase self-confidence, while helping you stay physically healthy. A few of the volunteer opportunities at HopeHealth are greeters, helpers to distribute refreshments to patients, and community event helpers. Cindy can be reached at 843-432-2942 for more information about volunteering.

Seniors with Hope in Kingstree will return January 19, 2023.

**NOVEMBER  
BIRTHDAYS**

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

Trish B | Carolyn H | Ann H | JoAnn J | Patsy L | Joan M  
| Smika P | Jessie P | Patricia S



## Tobacco Cessation

### E. Nicole Cogdell-Quick

LPC/S

When it comes to smoking or using other tobacco products, quitting is TOUGH! Someone who smokes may attempt to quit 10-30 times before they are successful. Because it is so difficult, support is critical. In health care, the term for quitting tobacco products is called "tobacco cessation."

Reasons to quit include: improving your health or the health of others, oral hygiene, smelling better, saving money, and reducing damage to clothes, furniture, and other property.

Health benefits of tobacco cessation include, but are not limited to:

- Within 2-12 weeks, circulation improves and lung function increases and after 1 year, risk of coronary heart disease is cut in half
- Stroke risk decreases to the same as a non-smoker after 5 to 15 years. Risk of having a second heart attack is reduced by 50%
- Decreased risk for various forms of cancer (lung, mouth, throat, esophagus, bladder, cervix, and pancreas)
- Life expectancy increases - quitting at age 30 adds about 10 years, and quitting at age 60 adds about 3 years
- Risk of children's respiratory diseases and ear infections due to second-hand smoke is reduced

To help quit smoking, a combination of medication (over-the-counter nicotine replacement therapies or prescription medications) and counseling (motivational interviewing, cognitive behavioral therapy, telephone support at 800-QUIT-NOW) is most effective.

Though e-cigarettes and vaping have become a popular smoking alternative and cessation method for traditional cigarettes, they can create additional problems. The amount of nicotine inhaled via these devices is often higher, which can lead to critical health issues.

There are multiple benefits to quitting smoking and just as many effective methods available to help people be successful. To find out more about tobacco cessation, visit [cancer.org/healthy](http://cancer.org/healthy).

E. Nicole Cogdell-Quick graduated from Argosy University in Atlanta, GA, with a Master of Arts in psychology, professional counseling, and earned her Bachelor of Science in psychology, with a minor in sociology, from Francis Marion University in Florence, S.C. She is a certified addictions counselor with HopeHealth and a member of the South Carolina Association of Alcoholism and Drug Abuse Counselors.



## RECIPE OF THE MONTH

### Baked Macaroni & Cheese



#### Ingredients:

1 1/2 cups elbow macaroni  
2 Tbsp. low-fat butter  
2 Tbsp. flour  
1 1/4 cups 2% milk  
1/4 tsp. paprika  
1/2 tsp. black pepper  
1 1/2 cups low-fat sharp cheese  
3/4 cup egg substitute

#### Directions:

- Preheat oven to 350 degrees.
- Boil macaroni according to package directions, set aside.
- Melt butter in pan, blend in flour, stirring constantly.
- Slowly add milk, stir constantly until mixture boils and thickens, about 2-3 minutes.
- Remove from heat, add paprika, pepper, and 1 cup of cheese.
- Stir until cheese is melted.
- Stir in macaroni.
- Place in greased 1-quart casserole dish and top with 1/2 cup of cheese.
- Bake about 30 minutes or until desired doneness.

**Servings: 6**

**Serving Size: 1/2 cup**

## TRIVIA TIME!

Congratulations to Annie C., winner of last month's Trivia Time! Annie received a HopeHealth gift basket. The answer to the trivia question was "platforms or clogs." Enter this month's drawing for a chance to win a HopeHealth gift basket. The entry deadline is **November 9**.

**Trivia question: Who wrote the "Star-Spangled Banner"?**

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  
November 3, 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  
November 10, 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

