



# Seniors with Hope

Living A Healthy Senior Lifestyle

A HopeHealth quarterly  
publication for seniors  
**Summer 2025**

**Happy 4th of July!**

## Preventing Falls And Injuries

### Corey Remle

*Community Health Worker*

Falls are a common for many seniors, even though less than half of those who fall tell their health care provider. Falls cause nearly 90% of hospitalizations related to hip fractures among seniors. Wrist, arm, and ankle injuries are also common consequences of falling.



Most falls do not cause injuries, but they may cause you to lose confidence in walking safely.

#### Things you can do to help prevent falls:

- **Exercise to improve your balance and leg strength.** Visit [aarp.org](http://aarp.org) for exercise examples. Follow free Tai Chi videos online for balance.
- **Have your eyes and feet checked annually.** Updated prescriptions for glasses are helpful for ensuring you can avoid obstacles. Sturdy footwear options help aid in balancing.
- **Have your provider or pharmacist review your medicines.** This is especially helpful if any medicine makes you light-headed or dizzy. Your Annual Wellness Visit is a great time to review your medications.
- **Make safety-related changes in your home.** Examples include updating the lighting in your home, ensuring items are easily reachable, and removing tripping hazards.
- **Keep a folding chair in the trunk of your car.** This is especially helpful for caregivers. If someone does fall, the chair can be helpful for bracing and sitting to catch their breath.

Even minor falls can be scary because they are unexpected and disorienting. The best solution is to prevent them from happening if possible. Follow these tips to help prevent falls and reduce your risk of painful injuries!

*I'm sad to share that Corey Remle is no longer with HopeHealth. He and his family moved to Vermont on June 11. While I will definitely miss him, I am excited for what's ahead for Corey and his family. I am wishing them all the best and safe travels. - Diane*



*Dana Jones, FNP-C, speaking at Seniors with Hope in April.*

## Seniors with Hope Event Recap

### Diane Davis

*Manager of Outreach Services*

We truly enjoyed our speakers at Seniors with Hope over the past couple of months.

In April, **Dana Jones, FNP-C** at HopeHealth at Bethea, spoke about the collaboration between HopeHealth and the University of South Carolina Brain Health Network. The network's mission is to ensure access to cognitive care and provide community support throughout the state.

Jones explained that HopeHealth patients are referred to the program by their provider. The patient is then called for a pre-consult interview and scheduled for an evaluation. The 90-minute evaluation is conducted at Bethea by a speech-language pathologist from the Brain Health Network. The results are provided to Jones, who then meets with the patient to develop a cognitive care plan.

The second speaker was HopeHealth community health worker **Corey Remle**. Remle discussed the different types of dementia - Alzheimer's, Lewy Body, Vascular, Frontotemporal, Parkinson's, and Huntington's - along with treatments, support strategies, and brain health tips.

Several HopeHealth providers spoke during Mental Health Month in May.

### Marsha Tunstall,

**LPC, LAC**, taught chair exercises and discussed the importance of staying active.



### Nicholas Lee, LPC,

**NCC**, spoke about the power of connection and laughter. He noted that laughter releases feel-good hormones and reduces stress hormones. Social connection benefits your health by reducing feelings of loneliness, fostering a sense of belonging, and providing emotional support.

**Meridith Graham, LISW-CP**, discussed the causes of mental health challenges and common mental health conditions.

The final speaker was **Natosha Hayward** with SC Thrive. SC Thrive offers programs that can help senior citizens save on Medicare premiums, pay for home health, or help put food on the table.

Call SC Thrive at **800-726-8774** or HopeHealth at **843-667-9414 ext. 1547** for assistance with the application process to determine eligibility. You can also get assistance at the HopeHealth Medical Plaza (360 N. Irby St., Florence). Ask to speak to a patient benefits counselor.

## Best wishes to all celebrating birthdays in July, August, and September!

### JULY BIRTHDAYS

Margaret G | Edna J | Windy M  
Sallie P | Kirid P | Lillian R

### AUGUST BIRTHDAYS

Billy A | Christine B | Peggy C | Dollie C  
Martha D | Cynthia G | Lynn O | Janice P  
Barbara S | Earnestine T | Ella T | Elretha W

### SEPTEMBER BIRTHDAYS

Veda B | Patricia B | Mary C | Virginia D  
Sandra G | Linda J | Margaret O

## Summer Allergy Tips

Here are some strategies to manage seasonal allergy symptoms so you can make the most of the warmer weather.

### Medications:

- Antihistamines work effectively to reduce sneezing, itching, a stuffy nose, and watery eyes.
- Decongestants reduce nostril swelling and can provide temporary stuffy nose relief.
- Corticosteroid nasal sprays reduce swelling and mucus in nasal passageways and can help with swelling, sneezing, and congestion.

### Limiting Exposure:

- Limit time outside when pollen is high, wear sunglasses to protect your eyes, change clothes after coming inside, and shower before bed.
- Keep doors and windows closed at home and in the car on high pollen days, vacuum often, use a mattress cover, and wash bedding frequently. Invest in a high-quality air purifier with a HEPA (high-efficiency particulate air) filter.

### Lifestyle Changes:

- Stay hydrated and manage stress, as high levels can aggravate symptoms.
- Eat foods high in Omega-3s (salmon, walnuts, chia seeds, flax seeds) and Vitamin C (citrus, broccoli, cabbage, bell peppers). They can act as a mild antihistamine and help decrease inflammation and risk of infection.

Taking steps to minimize allergy symptoms and working with your provider to manage them effectively can help you feel better and enjoy all of the seasons!

## RECIPE: OATMEAL COOKIES



### Ingredients:

- 2 cups quick cooking rolled oats
- 1/4 cup Splenda sweetener
- 1/4 cup dried blueberries
- 1/2 cup light brown sugar
- 1/2 cup low-fat margarine (softened)
- 1 tsp. baking soda
- 1/4 cup egg substitute
- 1/2 tsp. salt
- 1/2 tsp. vanilla extract
- 1/4 cup sugar-free maple syrup
- 1 1/2 cups all purpose flour

### Directions:

1. Preheat oven to 350 degrees. In a large bowl, beat margarine on medium-high for 30 seconds.
2. Add brown sugar, Splenda, baking soda, and salt. Beat until combined, occasionally scraping the sides of the bowl. Beat in egg substitute, maple syrup, and vanilla until combined.
3. Beat in as much of the flour as you can with the mixer. Stir in remaining flour with a spoon. Stir in rolled oats and blueberries.
4. Using a small scoop or teaspoon, drop dough 2 inches apart on ungreased cookie sheet. Bake 9-11 minutes, or until edges are golden brown.
5. Let stand for 1 minute on the cookie sheet. Remove to cool on a wire rack. **Serves 6**



*Left: Meridith Graham, LISW-CP, discussed mental health challenges in Kingstree.  
Right: Seniors at Bethea performed chair exercises with Marsha Tunstall, LPC, LAC.*



## TRIVIA TIME!

Congratulations to Dora J, winner of the last Trivia Time. Dora will receive an umbrella. The Beach Boys released the hit song "Good Vibrations" in 1966. Enter this month's drawing for a chance to win an umbrella. The entry deadline is **July 18**.

**Trivia question: What event is celebrated on the Fourth of July in the United States?**

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



## COMING UP!

*All events are from 2-3:30 p.m.*

### Seniors with Hope at Bethea

157 Home Avenue, Darlington  
July 3, August 7, September 4

### Seniors with Hope at Streater

301 N. Dargan Street, Florence  
July 10, August 14, September 11

### Seniors with Hope in Kingstree

520 Thurgood Marshall Hwy  
July 17, August 21, September 18



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

360 N. Irby St.  
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