



# Seniors with Hope

Living A Healthy Senior Lifestyle

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

## Nine Easy Medication Tips

Matthew Guerriero, RPh, AAHIVP

Here are nine ways to stay on track with your medicine:

- 1. Talk to your provider or pharmacist.** Find a provider or pharmacist you trust, and ask them any questions about your medications, like intended use and side effects.
- 2. Keep a list.** Make a list of all your medicines, even vitamins, supplements, and over-the-counter drugs. Write down the names, doses, and times when you take them, and keep it updated.
- 3. Schedule a yearly medication check.** Ask your provider or pharmacist to review your medicines once a year. They can look for side effects, check for drug interactions, and see if there are cheaper options.
- 4. Take medicine at the same time each day.** Taking medicine at the same time daily helps it work better. Try pairing it with a daily habit, like brushing your teeth.
- 5. Use reminders.** You can set phone alarms, use a notebook, or turn the bottle sideways after taking the medicine, then upright before bed.
- 6. Use a pill organizer.** Pill boxes can help you sort medicine by day and night. Choose one that fits your schedule.
- 7. Don't run out.** Set reminders to refill your prescriptions. Some pharmacies offer auto-refills or home deliveries. Ask your pharmacist about these options!
- 8. Try a medication app.** There are free apps like Medisafe, MyMeds, and Pillboxie that help you get reminders, track doses, set refill alerts, and keep notes about side effects.
- 9. Ask for help with costs.** If a medicine is too expensive, tell your provider or pharmacist. They may find a lower-cost option, give you a discount card, or help you apply for programs that cover the cost.

HopeHealth Pharmacy offers six locations open to HopeHealth patients and the public, with two in Florence at the Medical Plaza and Pine Needles locations, as well as Kingstree, Greeleyville, Manning, and Orangeburg locations.

Keep up with your medications to ensure you continue living your best, healthiest life!



*These beautiful women always show up for Seniors with Hope in Kingstree, held on the third Thursday of every month.*

## Seniors with Hope Event Recap

**Diane Davis**  
Manager of Outreach Services

We had some exciting and informative presenters this past quarter!

In June, family nurse practitioner **Tim Weaver, MSN, APRN, FNP-C**, presented about men's health. Weaver emphasized that in the US, men have a life expectancy nearly six years shorter than women. The leading causes of death among men include heart disease, cancer, accidental injuries, stroke, and chronic lower respiratory diseases. Heart disease tops the list, with one person dying from it every 33 seconds. Regular check-ups to detect early symptoms is one of the key preventive strategies against the leading causes of death in men.

**Victoria Nash**, director of the City of Florence, Parks, Recreation, and Sports Tourism department shared details about the Older Wiser Livelier Seniors (O.W.L.S.) program. The primary location is the Barnes Street Activity Center, with additional activities offered at locations including the Dr. Iola Jones Park Community Center, Levy Park Adult Center, Maple Park Community Center, and Northwest Community Center. Activities include chair yoga, Zumba, line dancing, crochet, and bingo, available Monday - Friday from 9 am - 2 pm. The annual participation fee is \$15.

In July, **Mary Beth Lynch, RN**, director of vaccines at HopeHealth, spoke about the recommended vaccines for older adults. She explained that vaccines can shorten the length of illness and reduce its severity. Lynch emphasized the importance of talking with your health care provider about vaccination. Keeping your vaccines up to date is one of the most effective ways to protect your health.



HopeHealth Pharmacy resident **Marquia Edwards** explained the differences between asthma and Chronic Obstructive Pulmonary Disease (COPD). Asthma is a condition that affects the lungs and causes breathing difficulties. It typically begins in childhood, is triggered by specific factors, has symptoms that come and go, and is generally reversible. COPD usually develops in older adults, presents with more persistent symptoms, progressively worsens over time, and causes permanent lung damage. Both conditions can be managed through daily medications, avoiding triggers, staying physically active, and adopting healthy habits such as quitting smoking.

In October, speakers will discuss women's health and Medicare Open Enrollment.

**Best wishes to all celebrating birthdays in October, November, and December!**

### OCT. BIRTHDAYS

Susie B | Tomasina B  
Florine B | Misty B | Margaret M

### NOV. BIRTHDAYS

Theresa B | Celestene E | Ann H | JoAnn J  
Joan M | Smika P | Patricia S | Gloria T

### DEC. BIRTHDAYS

Rose B | Irene C  
Mary C | Gwendolyn D | Margaret K

## Recipe Spotlight: Zucchini Lasagna

### Ingredients:

- 1/2 lb lasagna noodles (cook in unsalted water)
- 3/4 cup low-fat mozzarella cheese, grated
- 1 1/2 cup fat-free no-salt cottage cheese
- 1/4 cup parmesan cheese, grated
- 1 1/2 cups raw zucchini, sliced
- 1/4 cup onion, chopped
- 2 1/2 cups no-salt tomato sauce
- 2 tbsp. dry basil
- 2 tsp. dry oregano
- 1/8 tsp. black pepper
- 1 clove garlic, minced



### Directions:

1. Preheat oven to 350 degrees. Spray 9x13 inch baking dish with vegetable oil spray.
2. In a small bowl, combine 1/8 cup mozzarella and 1 tbsp. parmesan cheeses. Set aside.
3. In a medium bowl, combine remaining mozzarella and parmesan with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish.
5. Add 1/3 of the noodles in a single layer. Spread half of the cottage cheese mixture on top of the noodles. Add a layer of zucchini.
6. Repeat layering. Top with noodles, sauce, and remaining cheese mix.
7. Bake covered with foil for 30-40 minutes, then uncovered for 5-10 minutes (until top is light brown).

8. Serves 6

## TRIVIA TIME!

Congratulations to Irene C., winner of the last Trivia Time. Irene will receive an umbrella. Independence Day is celebrated on the Fourth of July. Enter this month's drawing for a chance to win an umbrella. The entry deadline is October 17.

**Trivia question: What popular dance craze, known for its hip motions, was popularized by Chubby Checker in 1960?**

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



## In Memoriam: David Johnson



David Johnson was one of my most dedicated Seniors with Hope participants.

He regularly attended events at the Florence location and, over the course of eight years, missed only three due to prior appointments. On July 19, 2025, he departed this earthly life.

Rest in peace, Mr. Johnson. You are deeply missed.

Cold weather is coming, and so is cold and flu season! Make sure to:

- Receive your flu shot and other needed vaccinations
- Wash your hands frequently and avoid touching your eyes, nose, and mouth
- Stay hydrated and eat healthy meals to support your immune system
- Disinfect your environment regularly

## COMING UP!

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

**Seniors with Hope at Bethea**  
**157 Home Avenue, Darlington**  
**Oct. 2, Nov. 6, Dec. 4**

**Seniors with Hope at Streater**  
**301 N. Dargan Street, Florence**  
**Oct. 9, Nov. 13, Dec. 11**

**Seniors with Hope in Kingstree**  
**520 Thurgood Marshall Hwy.**  
**Oct. 16, Nov. 20, Dec. 18**



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

360 N. Irby St.  
Florence, SC 29501

