

Senior FRIENDS™

Lake Cumberland Area Chapter Newsletter



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NEW YEAR'S BLESSINGS IN 2026

We are excited to begin 2026 with three events in this first quarter of the year! Look out (inside) for these three events early in 2026: Dine with the Docs, Valentine's Social and St. Patrick's Social. Please enjoy the photos from our Christmas Social hosted at The Neighborhood! We love to see all the smiles!

Are you looking for something to do a few hours a week? LCRH is looking to expand our volunteer team and we would love to speak with you about how you can be a part of this invaluable work!

If you call the office, Melissa might be away from her desk, but feel free to leave a message at the main Senior Friends number, 606.678.3274. We'll get back to you as soon as possible. We're honored to continue serving you in the new year!

Melissa



Melissa Lancaster

**FEBRUARY IS AMERICAN
HEART MONTH**
**EASY WAYS TO SHOW YOUR
HEART SOME LOVE**
BY LEAH ASHWORTH, DNP,
FNP-BC, AAC



1. MAINTAIN A HEALTHY DIET

Maintaining a diet of low-calorie, nutrient-rich foods can help you control your weight, cholesterol levels, and blood pressure, which helps lower your risk of heart disease.

2. UNDERSTAND THE WARNING SIGNS AND SYMPTOMS OF HEART ATTACKS

Discomfort in the center of your chest that comes and goes or lasts more than a few minutes, discomfort in other areas of the upper body, shortness of breath, breaking out in a cold sweat, nausea, or lightheadedness.

3. STAY UP TO DATE ON YOUR NUMBERS

Be aware of your blood pressure and cholesterol stats.

4. KNOW YOUR FAMILY HEART HEALTH HISTORY

Risk factors can be genetic, so knowing your family's history can help you measure and reduce your risks through lifestyle choices.

5. CONSIDER STRATEGIES TO QUIT SMOKING

The health and financial rewards for quitting smoking are well worth it.

STAY ON TRACK FOR A HEALTHY WINTER

As winter approaches, many seniors may feel the need to focus on maintaining their health and wellbeing during these colder months. While the New Year often brings resolutions for healthier living, it's important to create realistic goals that can be achieved, especially when it comes to indoors. Here are some tailored health tips for seniors to ensure a vibrant and healthy winter in 2026.

Stay Active Indoors

Even if outdoor exercise is less appealing during the winter, remaining active is crucial. There are plenty of ways to incorporate movement into your daily routine at home. Simple activities like stretching, chair exercises, or even dancing to your favorite music can help maintain mobility and flexibility. Consider investing in some light weights or resistance bands to enhance strength training. Aim for at least 150 minutes of moderate physical activity weekly, integrating short sessions throughout the day that fit into your schedule.

Enjoy Nutritious Winter Meals

Winter offers a great opportunity to enjoy warm and healthy meals that provide comfort and nourishment. Focus on incorporating seasonal ingredients such as root vegetables, winter squash, and citrus fruits into your cooking. Preparing hearty soups and stews can be both satisfying and nutritious. Planning meals can be beneficial; consider cooking larger batches to freeze portions for later days. This not only ensures you have healthy options readily available but can also be a delightful way to engage with family or friends in a warm kitchen environment.

Establish a Restful Sleep Routine

Quality sleep is vital for overall health, particularly during the winter months when shorter days may impact mood and energy levels. To enhance your sleep quality, establish a calming bedtime routine that encourages relaxation. Aim for a consistent bedtime, and consider turning off electronics an hour before sleeping to unwind. Creating a cozy sleeping environment with warm blankets and a comfortable mattress can also promote better rest. Proper sleep is essential for maintaining energy and a positive outlook throughout the season.

Schedule a Winter Wellness Check

Starting the year with a wellness check is a proactive step in managing your health. Schedule an appointment with your healthcare provider early in the winter to discuss any necessary screenings and vaccinations, particularly those for flu or pneumonia, which are especially important for seniors. Use this visit to review any medications, address health concerns, and set realistic goals for the year ahead. This proactive approach can help you stay healthy and energized during the colder months.

By incorporating these tailored health tips into your winter routine, seniors can enjoy a fulfilling and vibrant season while fostering lasting habits that enhance overall wellbeing as they move into 2026 and beyond.

If you need a primary care provider, Lake Cumberland Regional Hospital can help. Call **800.424.DOCS** to get connected with quality care today.

*Looking for an easy way to help the environment and animals at the same time? Somerset-Pulaski County Humane Society accepts donations of aluminum cans. They turn these in for change which helps them to fundraise! Cans may be dropped off M, T 8:30am-7PM and W, Th 11a-2pm!

UPCOMING EVENTS:

Thursday, February 5 | 5:00- 6:00 pm

Dine with the Docs

@ Lake Cumberland Regional Hospital Basement Conference Center

5:00 pm - meal | 5:30 pm - presentation

Please RSVP by 1/30 by calling 606.678.3274.

Space is limited.

Thursday, February 12 | 1:30- 3:00 pm

Valentine's Social

@ The Neighborhood

5:00 pm - meal | 5:30 pm - presentation

Please RSVP by 2/4 by calling 606.678.3274. Space

is limited.

Friday, March 20 | 1:30 pm - 3pm

St. Patrick's Day Social

@ Lake Cumberland Regional Hospital Basement Conference Center

Please RSVP by 3/4 by calling 606.678.3274

Interested in Volunteering?

We are looking for volunteers to help at our hospital! If you want to make a difference in our community, please contact Melissa at **606.678.3573**.

Note: *Note - If you are receiving this newsletter, but you have a friend or relative who has NOT received it, please have them contact our office to see if their membership is active. We are happy to make sure your records with us are up-to-date and accurate!

RECENT EVENT PHOTOS





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LAKE CUMBERLAND



PHOTOS CONTINUED