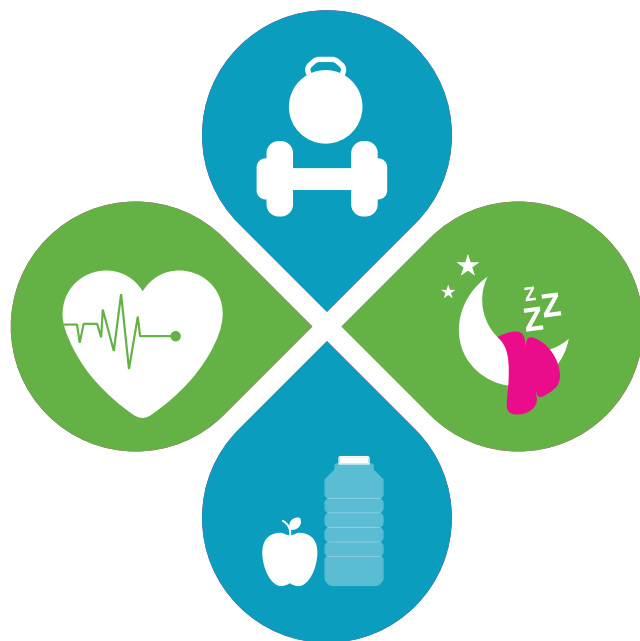


the Telehealth Times



— SEPTEMBER IS —
**HEALTHY
AGING**
— MONTH —

September 2026





September is Healthy Aging Month and the opportunity for us to remind ourselves that positive choices can make a meaningful difference. Healthy aging means taking care of our whole self - body, mind, and spirit. I have included information to aid us in achieving a healthy and fulfilling life as we age. This month also includes Telehealth Awareness Week. Telehealth visits can be utilized for a variety of needs. Please call me to schedule a visit.



Yours Truly,
Kamryn

Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

Telehealth GIFT BASKET

RAFFLE!

Schedule a Telehealth Visit &
Be Entered to **WIN!**



HOW DO I SCHEDULE?



Contact

Caroline Warren
803-956-6070

OR



Let an Office on Aging
staff member know that
you would like to schedule
a telehealth visit.

During August & September,
anyone who signs up for a
telehealth visit using the
Telehealth Cart at the
Office on Aging will be
entered into our
Gift Basket Raffle!

GIFT BASKET INCLUDES:



Gift Cards



Home Essentials



Local Homemade Items



Holiday Items

& More!

*Your
Health
Matters!*

We're here for you!



**EASY
CONVENIENT
PRIVATE
CARE**

WHAT CAN I SCHEDULE A TELEHEALTH VISIT FOR?



Annual Medicare
Wellness Visits



Sick Visits



Blood Pressure Concerns



Diabetes Management



Other Chronic Condition
Concerns (Arthritis, COPD,
Heart Health, etc.)



Other Primary
Care Needs



**PALMETTO
CARE
CONNECTIONS™**
technology. broadband. telehealth.



Bamberg
FAMILY PRACTICE

*Better health.
Closer to home.
Right for you.*

Healthy Aging

SEPTEMBER IS

Healthy Aging MONTH

Healthy People. Brighter Tomorrows.

A time to celebrate the power of healthy choices
at every age and to support longer, healthier,
more fulfilling lives.

*Age
Well
Live Well
Thrive*
AT EVERY STAGE.
♥

STRONGER
HEALTHIER
HAPPIER
BRIGHTER
TOGETHER

KEY AREAS FOR HEALTHY AGING



STAY ACTIVE

Move your body daily.
Find activities you enjoy
to keep your heart, muscles
and joints strong.



EAT WELL

Choose nutritious foods
like fruits, vegetables,
lean proteins and
whole grains.



GET PREVENTIVE CARE

Keep up with checkups,
screenings and
recommended vaccines
to stay ahead of
health concerns.



SUPPORT BRAIN HEALTH

Keep your mind active
with learning, puzzles,
reading and new
experiences.



STAY CONNECTED

Nurture relationships
with family, friends
and your community.
Social connections
support a longer,
happier life.



GET QUALITY SLEEP

Aim for 7–9 hours
of restful sleep each
night to support
physical and
mental health.



MANAGE STRESS

Try mindfulness,
meditation, deep breathing
or hobbies that bring
you joy.



FIND PURPOSE

Stay engaged in
activities that give
your life meaning —
whether it's volunteering,
working, creating
or helping others.



*Healthy Aging
Builds Brighter
Tomorrows* ♥

At every age,
there's opportunity
to grow, contribute
and live a life you love.

CELEBRATE TODAY. INVEST IN TOMORROW.

HEALTHY MINDS | HEALTHY BODIES | STRONGER COMMUNITIES

Healthy Aging

BRAIN STIMULATION ACTIVITIES *for Older Adults*

Keeping the brain active can improve memory, mood, and overall well-being.
Try these fun and meaningful activities!

1. PUZZLES & GAMES



- Improves problem-solving
- Boosts memory and concentration
- Try jigsaw puzzles, sudoku, crosswords

2. READING



- Enhances vocabulary and comprehension
- Stimulates imagination
- Read books, magazines, or newspapers

3. LEARN SOMETHING NEW



- Builds new brain connections
- Increases confidence and joy
- Try a new hobby, language, or instrument

4. MEMORY EXERCISES



- Strengthens recall and mental agility
- Try remembering lists, dates, or stories
- Use memory games or apps

5. SOCIAL ENGAGEMENT



- Stimulates thinking and communication
- Reduces stress and feelings of isolation
- Join clubs, groups, or community activities

6. PHYSICAL ACTIVITY



- Increases blood flow to the brain
- Improves mood and concentration
- Walk, stretch, dance, or try yoga

7. MUSIC & SINGING



- Enhances memory and mood
- Reduces stress and anxiety
- Listen to music or sing along

8. CREATIVE WRITING



- Encourages self-expression
- Improves focus and organization
- Keep a journal or write stories/poems

9. MINDFULNESS & RELAXATION



- Reduces stress and improves focus
- Promotes mental clarity and calm
- Try deep breathing, meditation, or guided relaxation



Be consistent and have fun! Even small daily mental challenges can make a big difference.

5-4-3-2-1 GROUNDING TECHNIQUE

USE YOUR 5 SENSES TO FEEL CALM
LOOK AROUND YOU AND NOTICE

5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

Healthy Aging

Healthy
People
Brighter
Tomorrows
♥

Preventive Care for Healthy Aging

CHECK TODAY. HEALTHIER TOMORROWS.

Regular checkups, recommended screenings, and vaccinations can help you stay healthy, independent, and do more of what you love.

Age Well.
Live Well.
Thrive.
♥



Area	What to Do	Why It Matters
 Regular Checkups	Schedule routine healthcare visits and review changes in your health.	Helps identify concerns early and supports overall wellness.
 Health Screenings	Stay current with recommended screenings for blood pressure, cholesterol, diabetes, certain cancers, and osteoporosis.	Early detection can allow problems to be addressed sooner.
 Vaccinations	Ask about recommended flu, COVID-19, shingles, pneumococcal, RSV, and Tdap/Td vaccines.	Helps protect against preventable illnesses and complications.
 Medication Review	Review prescription medications, over-the-counter products, and supplements with a healthcare professional.	Helps identify interactions, side effects, or unnecessary medications.
 Vision & Hearing	Have vision and hearing evaluated regularly as recommended.	Supports communication, mobility, safety, and independence.
 Dental Care	Maintain good oral hygiene and routine dental care.	Helps protect teeth, gums, comfort, and overall health.
 Fall Prevention	Address balance, strength, mobility, footwear, vision, medications, and home safety.	Can reduce the risk of falls and injuries.
 Mental & Cognitive Health	Discuss persistent changes in mood, memory, sleep, or daily functioning.	Helps identify concerns that may benefit from evaluation or support.
 Know Your Numbers	Monitor blood pressure, cholesterol, and blood glucose when recommended.	Helps track important health changes over time.
 Personalized Care	Discuss which screenings and preventive services are appropriate for you.	Recommendations vary by age, health history, risk factors, and previous results.

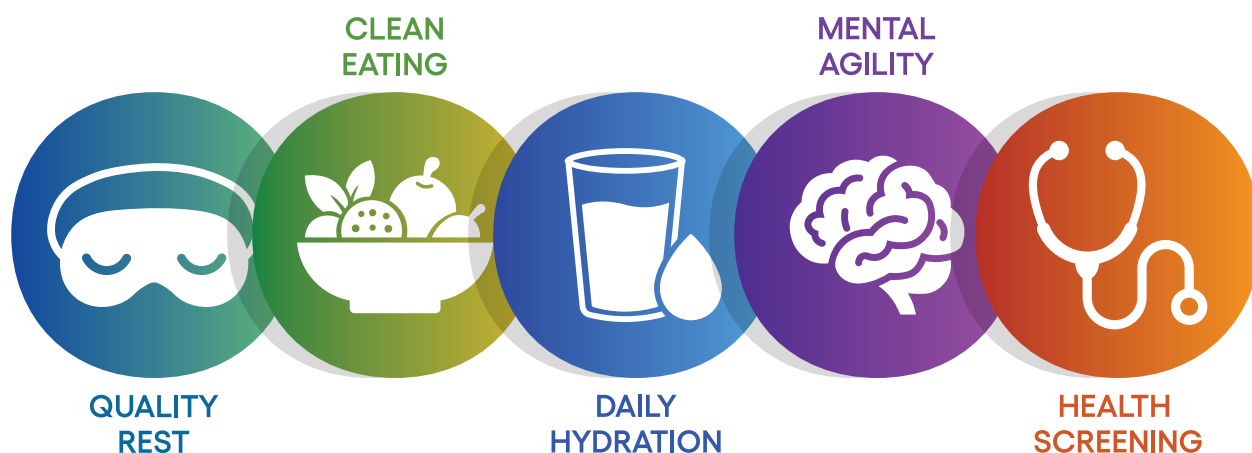
Prevention Today. Healthier Tomorrows. ♥

HEALTHY PEOPLE | STRONGER COMMUNITIES | BRIGHTER TOMORROWS

IT'S NEVER
TOO LATE TO
INVEST IN
YOUR HEALTH.

FACTS AND STATS

- Falls are a leading cause of injury in the aging population. 1 in 4 adults report falling each year.
- It is estimated that 1 in 4 adults in the United States experience mental health issues, such as anxiety or depression.
- More than 90% of the older adult population have at least one chronic condition.



SEPTEMBER IS

Healthy Aging

MONTH

WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Increase access to care
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org

**The provided content is intended solely for educational purposes and should not be treated as medical advice*