

# Embraced Maturity

The Newsletter of Vital Aging  
of Williamsburg County, Inc.



August 2015  
Volume 10, Issue 2

## Seniors Enjoy a day of shopping in Florence

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On Thursday, August 11th, Vital Aging seniors enjoyed a field trip to Florence thanks to a donation from the James E. Clyburn Foundation. Participants enjoyed a morning shopping for fresh vegetables and fruit at the Florence Farmer's market. Afterwards seniors went shopping at Hamricks Department Store and Dollar Tree. Finally senior enjoyed a relaxing lunch and time of fellowship at the Golden Corral. Seniors were personally greeted and shown to a reserved area and made to feel at home by the general manager, Paul Jamison (*Pictured Center— red shirt*) and his staff. Vital Aging sincerely thanks the James E. Clyburn Foundation for providing the funds to make this trip possible for our seniors.

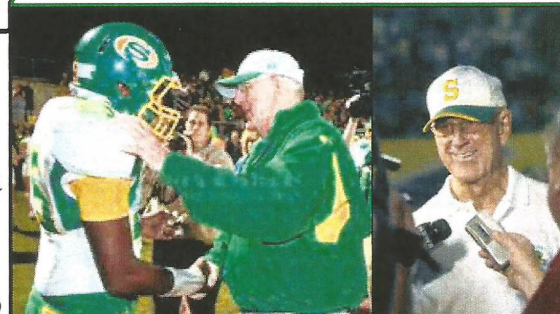
### ***"Seniors...Our Most Precious Resource"*** **Things YOU can do to help a senior**

Vital Aging reminds us that there are many ways you can help a senior. Offer to take them grocery shopping or to your local pharmacy. Volunteer to take them to medical/dental appointments. Take a senior to their favorite beauty salon or barber. Make a batch of cookies or cupcakes just for that special senior. Mow their grass, cut bushes, sweep side walks and drives around their yard. Offer to take out their garbage or roll that garbage can to the street for them. Share of your time and companionship. During our 2015-2016 "Seniors...Our Most Precious Resource" Membership Drive, we are reminded to give of our time and resources to bless a senior in a special way. You may want to make a monetary donation to the agency to help sustain critical nutrition and other services for needy seniors by simply clicking on

[www.vitalaginginc.org](http://www.vitalaginginc.org) or calling us today at 354-5496 to give or refer a senior in need.





### **Don't Miss Legendary Former Summerville Coach John McKissick on September 24th.**



On Thursday, September 24th at 6:00 p.m. Vital Aging will host: **Dinner and Silent Auction Honoring Legendary Former Summerville High School Coach John McKissick** at Santee Electric Cooperative, 424 Sumter Highway, Kingstree. Coach McKissick, a Kingstree native, recently retired after a distinguished 63 year career with 621 wins and 10 state championships. Coach holds the record for most wins by a football coach at any level. Tickets available for \$30 each. Reserved tables are \$240 (8 tickets). Don't delay—get your tickets today to show your support of our own native Coaching Legend!



# August 2015

Mon	Tue	Wed	Thu
<p>3</p> <p>9-9:30 Coffee Talk/Picture Find__</p> <p>9:30-10 Stretcher exercise (Use Bands)</p> <p>10-10:30 Motivational Story #1: Frogs__</p> <p>10:30-11 Morning Walk__</p> <p>11:00-12 Bingo/Crafts/Wii__</p> <p>12-1 Lunch__</p>	<p>4</p> <p>9-9:30 Coffee Talk/Word Search__</p> <p>9:30-10:30 Arthritis Exercise__</p> <p>10:30-11 9 Benefits of Apple Cider Vinegar__</p> <p>11-12 Bingo/Cards/Crafts/Wii__</p> <p>12-1 Lunch__</p>	<p>5</p> <p>9-9:30 Coffee Talk/Picture Find__</p> <p>9:30-10:30 Arthritis Exercise__</p> <p>10:30-11:00 Balloon Batting__</p> <p>11:00-12 Wii/Crafts/Bingo/Cards__</p> <p>12-1 Lunch__</p>	<p>6</p> <p>Farmer's Market Trip Florence, SC__</p> 
<p>10</p> <p>9-9:30 Coffee Talk/Picture Find__</p> <p>9:30-10:30 Arthritis Exercise__</p> <p>10:30-11 Circle of Friends__</p> <p>11:00-12 Bingo/Cards/Wii/Crafts__</p> <p>12-1 Lunch__</p>	<p>11</p> <p>9-9:30 Coffee Talk/Picture Find__</p> <p>9:30-10:30 Arthritis Exercise__</p> <p>10:30-11:30 Craft: Suncatchers__</p> <p>11:00-11:30 Impossibilities in the World__</p> <p>11-12 Bingo/Cards/Wii__</p> <p>12-1 Lunch__</p>	<p>12</p> <p>9-9:30 Coffee Talk/Word Search__</p> <p>9:30-10:00 Scarf Dance Exercise (Happy)__</p> <p>10-10:30 Healthy Aging: Arthritis Pain Reliever (Lesson #1)__</p> <p>10:30-11:30 Hot Potato__</p> <p>11-12 Wii/Crafts/Cards/Bingo__</p> <p>12-1 Lunch__</p>	<p>13</p> <p>9-9:30 Coffee Talk/Word Search__</p> <p>9:30-10:00 Chair Exercise__</p> <p>10-10:30 Laughter Time__</p> <p>10:30-11 Nutrition #1: Healthy Eating After 50__</p> <p>11-12 Bingo/Crafts/Wii__</p> <p>12-1 Lunch__</p>
<p>17</p> <p>9-9:30 Coffee Talk/Word Search__</p> <p>9:30-10 Scarf Dance (Happy)__</p> <p>10-10:30 Healthy Aging: Heat Protection (Lesson #2)__</p> <p>10:30-11 Speaker CLTC__</p> <p>11-12 Bingo/Crafts/Wii__</p> <p>12-1 Lunch__</p>	<p>18</p> <p>9-9:30 Coffee Talk / Word Search</p> <p>9:30-10:30 :Arthritis Exercise__</p> <p>10:30-11:00 Inspirational Story #1: Know Your Value__</p> <p>11-12 Wii/Bingo/Corn Hole Game__</p> <p>12-1 Lunch__</p>	<p>19</p> <p>9-9:30 Coffee Talk &amp; Picture Find__</p> <p>9:30-10 Walk a Mile__</p> <p>10-10:30 Nutrition #2: Concerned About Constipation</p> <p>10:30-11 Who's Missing Game__</p> <p>11-12 Crafts/Wii/Bingo__</p> <p>12-1:00 Lunch__</p>	<p>20</p> <p>9-9:30 Coffee Talk &amp; Picture Find__</p> <p>9:30-10:30 Arthritis Exercise__</p> <p>10:30-11 Healthy Aging: Take the Right Steps (Lesson #3)__</p> <p>11-12 Crafts/Wii/Bingo/Corn Hole__</p> <p>12-1:00 Lunch__</p>
<p>24</p> <p>9-9:30 Coffee Talk/Picture Find__</p> <p>9:30-10:30 Arthritis Exercise__</p> <p>10:30-11 Inspirational Story: Gaining Happiness with Selfishness__</p> <p>11-12 Bingo/Wii/Corn Hole__</p> <p>12-1 Lunch__</p>	<p>25</p> <p>9-9:30 Coffee Talk/Word Search__</p> <p>9:30-10:00 Chair Exercise__</p> <p>10-10:30 Ice Cream Sandwich Day__</p> <p>11-12 Bingo/Wii/Cards__</p> <p>12-1 Lunch__</p>	<p>26</p> <p>9-9:30 Coffee Talk /Word Search__</p> <p>9:30-10:30 Arthritis Exercise__</p> <p>10:30-11 Healthy Aging: Health Scams (Lesson #4)__</p> <p>11-12 Bingo/Crafts/Wii/Cards__</p> <p>12-1 Lunch__</p>	<p>27</p> <p>9-9:30 Coffee Talk/Picture Find__</p> <p>9:30-10 Stretcher exercise__</p> <p>10-10:30 Famous Couples__</p> <p>10:30-11 Circle of Friends__</p> <p>11-12 Bingo with TWF Worship Center__</p> <p>12-1 Lunch__</p>
<p>31</p> <p>9-9:30 Coffee Talk/Picture Find__</p> <p>9:30-10 Stretcher exercise_(Use Bands)</p> <p>10-10:30 Reminiscing: Grandma's Kitchen__</p> <p>10:30-11 Get your 8 Hugs Today__</p> <p>11:00-12 Bingo/Crafts/Wii__</p> <p>12-1 Lunch__</p>	<p><b>Birthdays for August:</b></p> <p>Mary Britton</p> <p>Debroah Carr</p> <p>Cam Lawrimore</p> <p>Margaret Moore</p> <p>Edith Pasley</p> <p>Dell Coleman</p> <p>Linwood Dancy</p>		 <p><i>"When life gives you lemons, don't make lemonade. Make a candle to light your way in the darkness."</i></p> <p>Tigran Khachatryan</p>



## HELPING OUR FINE FEATHERED FRIENDS.



Ms. Mazie Mack (pictured above) proudly displays the birdhouse she made. Greeleyville Wellness Center participants show off their skills with birdhouses that they recently made in a wide range of colors (pictured below).



## Honoring Fathers



In June, Sidney Johnson (pictured far left) and Mary Mack (pictured far right) of the C.E. Murray High School Parenting program, recognized Fathers attending the wellness center. Mr. Johnson and Ms. Mack gave presents to the Fathers in attendance and thanked them for being good role models to children.

## Scott Honored



Ms. Jeannie Scott (Pictured above) of the Greeleyville Wellness Center was recently honored by C.E. Murray High School for outstanding volunteer work at the School. Vital Aging congratulates Ms. Scott for being recognized.

## S.C. Legal Aide Address Seniors



Michael Large (pictured above left) of S.C. Legal Aide addresses Greeleyville Wellness Center participants of the services offered by Legal Aide. He also warned of the many financial scams that are prevalent targeting seniors. Vital Aging thanks Mr. Large and S.C. Legal Aide for bringing important information to protect our senior participants.

## True Word of Faith Worship Center



Ladies of the True Word of Faith Worship Center recently sponsored a Bingo with prizes at the Kingstree Wellness Center. Pictured left to right are: Melissa McFadden, Angel Rouse and Rheba Shaw

## August Birthdays

Mary Britton  
Deborah Carr  
Dell Coleman  
Linwood Dancy  
Ruth King  
Cam Lawrimore  
Margaret Moore  
Edith Pasley

## Seniors of the Month

Greeleyville Center:  
Barbara Harden  
Hemingway Center:  
Gladys Pressley  
Kingstree Center:  
Gladys Samuel

## Donated Bags



Seniors of the Kingstree Wellness Center received a supply of garbage bags compliments of Waste Zero and Councilman W.B. Wilson. Vital Aging thanks Waste Zero and Councilman Wilson for their generosity.

## Straw hat Pins



Seniors in Vital Aging's Wellness Center crafted decorative and whimsical straw hat pins (see above) for their families and friends.



Vital Aging of Williamsburg County, Inc.  
P.O. Box 450  
Kingstree, S.C. 29556  
Tel: 843-354-5496  
Fax: 843-354-3107



*"Vital Aging exists to promote the physical, mental, emotional and spiritual well-being of Williamsburg County's senior citizens. Services are provided within a framework of love, understanding and respect to allow an opportunity for mature adults to continue their lives with meaning and purpose."*

**We're on the Web!**  
[www.vitalaginginc.org](http://www.vitalaginginc.org)  
**Like us on Facebook**



## Vital Aging Board of Directors

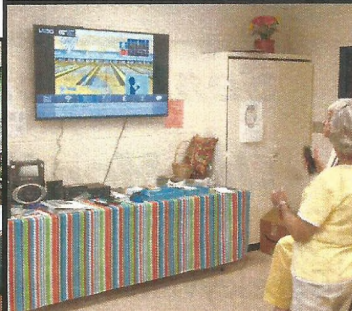
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**Addie Nesmith**  
**Hattie Philpott**  
**The Honorable Sharon Washington Staggers**  
**Vacant**

## It's a great Day in Greeleville



Recently (pictured left to right): Mr. David Staggers, Mr. Billy Flowers and Mr. Joe Sumpter enjoy a quiet relaxing time of reminiscing and rocking on the front porch of the Greeleville Wellness Center.

## Hemingway Wii Bowling



Mrs. Armego Lyerly (Pictured right) gave it a good throw while playing Wii Bowling recently at the Hemingway Wellness Center. Vital Aging sincerely thanks Councilwoman Jeannie Brown – Burrows for her generosity in donating a new Wii Machine for the Center. The Lt. Governor's Office on Aging gave a new Wide Screen Television.

## Greeleville Exercise Room



Barbara Harden (pictured above) enjoys working out on the exercise bike in the fitness room of the Greeleville Wellness Center.