

Volume 10, Issue 7
January 2015

**Senator Sabb Visits
Kingstree Center**

**Duke Energy supports
Kingstree Wellness Center**

Staff

Robert Welch
Executive Director

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Deputy Director

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Office Manager

Joslyn Cooper
Office Assistant

Charlene Bradley
Foster Grandparent Director

Debbie Burrows
Wellness Center Director

Virginia Shaw
Margaret Moore
Emmie Bluefort
Wellness Center Managers

Dominique Rodgers

Lydia Brown
Deborah Smith

Drivers

Shelva Chandler
Myra Mack
Norma McClam
Sierra Wilson
Homecare



On Thursday, December 11th, Senator Ronnie Sabb, S.C. District #32, visited the Kingstree Wellness Center. The senator received a warm welcome from the seniors. Senator Sabb shared with the seniors his grandmother's faith, unselfish love and guidance in his life. He also emphasized the importance of seniors and the role that they take in influencing youth and future generations. Vital Aging sincerely thanks Senator Sabb for his love and support of seniors.



On December 11th, Mr. Theo Lane (pictured far left) of Duke Energy Carolinas presented a check in the amount of \$1,500 to Vital Aging for a new gazebo for the Kingstree Wellness Center senior garden. Assisting Mr. Lane with the presentation was Senator Ronnie Sabb (pictured center). The project is expected to be completed in the Spring. Mr. Lane stated: "It is such a great honor for me to do that small piece and I hope you will enjoy." Vital Aging salutes Mr. Lane and Duke Energy for their strong support of aging services in Williamsburg County.

Addus Home Health Sponsors Christmas Dinner

On Thursday, December 18, Addus Home Care sponsored a Christmas Dinner for Vital Aging Wellness Center participants at the Kennedy Center. Drawing and prizes were awarded throughout the morning festivities. Vanessa Keels Agency Director spoke highly of the importance of taking proper care of the elderly. Each wellness Center provided entertainment for the Dinner. Fresh Fruit given by Lt. Governor McGill was distributed to the seniors. Vital Aging sincerely thanks Addue Home Care for thinking of our seniors in this most special way.



Foster Grandparents hold Christmas Party

On Thursday, December 18th, Foster Grandparent volunteers (pictured below) gathered at the Kingstree Wellness Center and enjoyed a time of Christmas Cheer. Foster grandparents feasted on heavy h'orderves, played games and had a great time of fun and fellowship and received a present from Vital Aging.



January 2015

Mon	Tue	Wed	Thu
9-9:30 Coffee Talk & Word Search __ 5 9:30-10 Walk a Mile____ 10- 10:30 Laughter Therapy____ 10:30-11 :30 Agape Bingo____ 12-1 Lunch____	9-9:30 Coffee Talk/Word Search __ 6 9:30-10:30 Arthritis Exercise __ 10:30-11 Cold Weather Advice __ 11-12 Quilting/Wii/Bingo____ 12-1 Lunch____	9-9:30 Coffee Talk/ Picture Find __ 7 9:30-10:00 Scarf Dance____ 10-10:30 Reading: <u>The Missing Gift</u> ____ 10:30-11:30 Crafts: Snowflakes____ 11-12 Wii/Quilting/Bingo____ 12-1 Lunch____	9-9:30 Coffee Talk/Picture Find __ 8 9:30-10:30 Arthritis Exercise____ 10:30-11 Reading: "Roses"____ 11-12 Bingo/Quilting/Wii ____ 12-1 Lunch____
9-9:30 Coffee Talk/Picture Find__ 12 9:30-10:30 Arthritis Exercise____ 10:30-11 Reading: <u>The Old Fisherman</u> ____ 11-12 Bingo/Quilting/Wii____ 12-1 Lunch____	9-9:30 Coffee Talk & Picture Find__ 13 9:30-10:30 Arthritis Exercise____ 10:30-11Health: Flu Season Advice____ 10:30 -12 Bingo/Quilting/Card ____ 12-1 Lunch____	9-9:30 Coffee Talk/Word Search __ 14 9:30-10:00 Scarf Dance____ 10:30-11:30 MLK Program ____ 11-12 Bingo Day____ 12-1 Lunch____ <i>Wear a Hat Day!!</i>	9-9:30 Coffee Talk/Word Search__ 15 9:30-10:00 Chair Exercise____ 10-11 Nutrition:Reaching Goals____ 10:30-11 Martin Luther King Wordsearch____ 11-12 Quilting/Bingo/Wii____ 12-1 Lunch____
19 Martin Luther King Birthday Wellness Centers Closed 	9-9:30 Coffee Talk / Word Search 20 9:30-10:30 :Arthritis Exercise ____ 10:30-11 Reading: <u>Ears</u> ____ 11-12 Quilting/Wii/Bingo____ 12-1 Lunch____	9-9:30 Coffee Talk & Picture Find__ 21 9:30-10 Walk a Mile____ 10-11 <u>Nutrition :Challenges and Solutions to Nutrition & exercise</u> 11-12 Quilting/BingoWii____ 12-1:00 Lunch____	9-9:30 Coffee Talk & Picture Find __ 22 9:30-10:30 Arthritis Exercise ____ 10:30-11 Amazing Uses of Onions 11-12 Quilting/Bingo/Wii____ 12-1:00 Lunch____
9-9:30 Coffee Talk/PictureFind __ 26 9:30-10:30 Arthritis Exercise ____ 10-10:30 Bake Day: ____ 10-10:30 Health: Eating during Winter Gatherings for Diabetes____ 10:30-11 Circle Of Friends____ 12-1 Lunch____	9-9:30 Coffee Talk/Word Search __ 27 9:30-10:00 Chair Exercise____ 10-10:30 Winter Word Scramble____ 10:30-11 Reading: Mean Mom____ 11-12 Bingo/Quilting/Wii____ 12-1 Lunch____	9-9:30 Coffee Talk /Word Search __ 28 9:30-10:30 Arthritis Exercise____ 10:30-11 6 Friends Everyone Needs____ 11-12 Bingo/Quilting/Wii____ 12-1 Lunch____	9-9:30 Coffee Talk/Picture Find__ 29 9:30-10 Stretchercise____ 10-10:30 How Would You Handle This?____ 10:30-11:00 Your Opinion Matters____ 11-12 Bingo/Quilting Wii____ 12-1 Lunch____
			<u>January Birthdays:</u> Carrie Bradley Ella Brown Daisy Burgess Nina Cox Jack Graham Barbara Hillman Julie McFee Samuel Mitchell

**Florence Little Theatre
School House Players**



On Wednesday, December 10th. Members of the Florence Little Theatre Golden Readers visited the Kingstree wellness center and performed several skits and readings. The seniors laughed and were very touched by their performance. Vital Aging thanks the FLT Golden Readers players for freely giving of talents to uplift seniors.

Members of the Williamsburg County 4 H Club made beautiful Christmas Cards for



the Kingstree Wellness Center seniors. Vital Aging sincerely thanks the 4 H Club for helping to spread Christmas Cheer!

**Councilman W.B. Wilson
Gives Collard Greens**



On Tuesday, December 23rd, Williamsburg County Councilman W.B. Wilson (pictured above) presented fresh collard greens to the Hemingway Wellness Center participants. Councilman Wilson along with WCSDB board chairman Rev. Alfred Darby extended Holiday wishes to the seniors. Vital Aging thanks Councilman Wilson for helping to make the holiday season brighter.



**HEMINGWAY CHRISTMAS
BULLETIN BOARD**



Mrs. Armego Lyerly of the Hemingway Wellness Center poses in front of The Christmas Bulletin board she decorated at the Hemingway Wellness Center.

Christmas Cheer Fills Hemingway Center

Hemingway Vocational students visited the Hemingway wellness Center on Tuesday, December 16th. Students joined in with the seniors in the making of a Christmas Craft.

Hemingway High School Students visited the Hemingway Wellness Center on Wednesday December 17th. Students and staff filled the center with festive carols . Mr. Rick Gardner, a music instructor, played the saxophone while students distributed baskets of fruit

January Birthdays 

Carrie Bradley
Ella Brown
Daisy Burgess
Nina Cox
Barbara Hillman
Jack Graham
Julia McGee

Samuel Mitchell
Psnovia Pressley
Janie Sumter
Joann Turner
Janie Sumter
Joann Turner
Barbara Wells
Dorothy Wilson

**Seniors of the
Month**

Greeleyville Center:
Julia Stephenson
Hemingway Center:
Samuel Mitchell
Kingstree Center:
Sarah Carroll

**Foster
Grandparent
Birthdays for**

January

Margaret Scott
Rozetta Reid
Ora Lee Bishop
Gladys Samuel
Gladys Laurie



**Foster
Grandparent
of the Month**

Emma Miller
Kingstree
Middle School
& Felician
Center



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"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

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 Richard Dukes—Secretary
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 Kimber Cooper
 Jeannette V. Chambers
 Abraham Henryhand
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 Hattie Philpott
 Sharon Washington Staggers
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Vital Aging welcomes New Foster Grandparent Volunteers!



Vital Aging recognized four new volunteers at the Foster Grandparent Christmas Party on December 17th who recently completed their pre-service training. They are (left to right) Gladys Laurie who will volunteer at the Williamsburg County Magnet School of the Arts; Donna Davis who will volunteer at the Boys and Girls Club of the Pee Dee (Hemingway); Irene Conyers who will volunteer at W.M. Anderson Primary School and Lorine Capers who will volunteer at D.P. Cooper Elementary School. Vital Aging welcomes these new Foster Grandparent Volunteers and congratulates them on the completion of their training.

FGP Calendar for January

January 1st: Happy New Year! Vital Aging Offices Closed.

January 1st –2nd: No School/Holiday break Continues

January 5th: School Resumes

January 19th: Martin Luther King, Jr. Holiday No School/ Vital Aging Offices Closed.

January 20th: No School Williamsburg County School District—Staff Development Day.

January 29th: In Service Training 1:30 p.m. Kingstree Wellness Center

Foster Grandparents
Share Today. Shape Tomorrow.