

Volume 10, Issue 7  
January 2015

## Senator Sabb Visits Kingstree Center

## Duke Energy supports Kingstree Wellness Center

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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.

### 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 Addus Home Care for thinking of our seniors in this most special way.



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.


### 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____ <u>10- 10:30 Laughter Therapy__</u> 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____ <u>10-11 Nutrition :Challenges and Solutions to Nutrition &amp; 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 McGee 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 WCSD 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](http://www.vitalaginginc.org)

## Vital Aging Board of Directors

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Cornelia Bell — Vice Chair  
Richard Dukes—Secretary  
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Hattie Philpott  
Sharon Washington Staggers  
Dorothy Wilson

## 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.**