



Embraced Maturity



The Newsletter of Vital Aging of Williamsburg County, Inc.

July 2015
Volume 10, Issue 1

Farmer's Market Distribution Widely Enjoyed By Seniors



On June 18th, Vital Aging conducted the DSS Senior Nutrition Program known as Farmer's Market Distribution of Vouchers at the Town of Kingstree Recreation Center. Seniors received vouchers for the purchase of fresh fruits and vegetables from Certified Farmers Markets. Over 500 seniors attended and received valuable information free of charge from 16 vendors. Vital Aging sincerely thanks its volunteers from the Williamsburg County Chapter of AARP and other organizations and individuals who gave of their time to make the distribution a success. Vital aging thanks the Town of Kingstree Recreation Department, Town of Kingstree Police Department, Williamsburg County Sheriff's Office and the Williamsburg County EMS and Henryhand & Sons Funeral Home for their help.

- Staff**
- Robert Welch
Executive Director
 - Judy McCrea
Deputy Director
 - Mitzie Tisdale
Social Services Director
 - Kerri Grainger
Office Manager
 - Joslyn Cooper
Office Assistant
 - Charlene Bradley
Wellness Center Program Coordinator
 - Virginia Shaw
Margaret Moore
Emmie Bluefort
Wellness Center Managers
 - Bennie Franklin
Lydia Brown
Deborah Smith
Drivers
 - Shelva Chandler
Myra Mack
Homecare

Vital Aging Welcomes New Wellness Center Program Coordinator

Vital Aging welcomed Ms. Charlene Bradley as its new wellness Center Coordinator on July 1st. Ms. Bradley has been employed with the agency since 2002.



Ms. Bradley started her career with the agency as a wellness Center Manager and became Foster Grandparent Director in 2004. She brings to the position a wealth of aging-related experience. Ms. Bradley stated: "I am very excited about my new position as wellness Centers Program Coordinator. After being with the agency for so many years, it is a pleasure to finally transition back to the Wellness Centers. I am looking forward to being a part of the continued success of the Wellness Center program in which seniors are lifted and in spirit and active.

Seniors...Our Most Precious Resource

They give us wisdom, inspiration and encouragement. Their loving hugs abound to grandchildren and family members. Countless hours are freely given as volunteers in churches, schools and community organizations. Senior Citizens indeed contribute much to make Williamsburg County a great place to live. For these reasons, this year's Vital Aging's membership theme is: "Seniors...Our Most Precious Resource." In 2014/2015, Vital Aging served 47,450 meals to 260 homebound seniors, provided 16,394 meals to 156 seniors, logged over 106,000 miles transporting seniors to wellness centers and provided over 3500 hours of homecare to 33 homebound seniors. Through your support, Vital Aging is able to provide these services to seniors in need. We need your help to continue the same level of services. 2015/2016 Membership Forms will be sent out this month. Please take a moment to honor that senior in your life by supporting Vital Aging. You may also go online at www.vitalaginginc.org and click on 2015/2016 "Seniors...Our Most Precious Resource" membership drive to complete a form.

July 2015

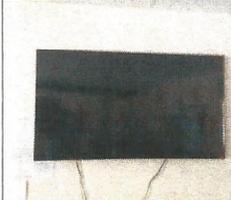
Mon	Tue	Wed	Thu
<p>Birthdays For July: Pamela Cowan Dotherine Williams Loretta Dancy Deloris Wilson Linda Gray Roosevelt Wright Martha Montgomery Daisy Paisley Mary Tann Margaret Shaw Bessie Weathers</p>	<p><i>Celebrate</i></p>  <p>Saturday, July 4th</p>	<p>1</p> <p>9-9:30 Coffee Talk/ Picture Find__ 9:30-10:30 Arthritis Exercise__ 10:30-11:30 Alphabet Game (Animals)__ 11-12 Wii/Crafts/Bingo__ 12-1 Lunch__</p>	<p>2</p> <p>9-9:30 Coffee Talk/Picture Find__ 9:30-10:30 Arthritis Exercise__ 10:30-11:00 Balloon Batting__ 11:00-12 Wii/Crafts/Bingo/Cards__ 12-1 Lunch__</p>
<p>6</p> <p>9-9:30 Coffee Talk PictureFind__ 9:30-10:30 Arthritis Exercise__ 10:30-11 Craft: Flag Pins__ 10:30-12 Bingo With AGAPE__ 12-1 Lunch__</p>	<p>7</p> <p>9-9:30 Coffee Talk & Picture Find__ 9:30-10:30 Arthritis Exercise__ 10:30-11 Circle of Friends__ 10:30-11:00 You Be the Judge__ 11-12 Bingo/Cards/Wii/Crafts__ 12-1 Lunch__</p>	<p>8</p> <p>9-9:30 Coffee Talk/Word Search__ 9:30-10:00 Scarf Dance Exercise (Happy)__ 10-10:30 Inspiring Short Stories 1__ 10:30-11:30 Hot Potato__ 11-12 Wii/Crafts/Cards__ 12-1 Lunch__</p>	<p>9</p> <p>9-9:30 Coffee Talk/Word Search__ 9:30-10:00 Chair Exercise__ 10-10:30 Laughter Time__ 10:30-11 Nutrition: Let's Eat for the health of it__ 11-12 Bingo/Crafts/Wii__ 12-1 Lunch__</p>
<p>13</p> <p>9-9:30 Coffee Talk/WordSearch__ 9:30-10 Scarf Dance (Happy)__ 10-10:30 The Benefits of Yogurt__ 11-12 Bingo/Crafts/Wii__ 12-1 Lunch__</p>	<p>14</p> <p>9-9:30 Coffee Talk / Word Search 9:30-10:30 :Arthritis Exercise__ 10:30-11:00 Inspirational Story "The Car"__ 11-12 Wii/Bingo/Corn Hole Game__ 12-1 Lunch__</p>	<p>15</p> <p>9-9:30 Coffee Talk & Picture Find__ 9:30-10 Walk a Mile__ 10-10:30 Nutrition: Eating Safely 10:30-11 Who's Missing Game__ 11-12 Crafts/Wii__ 12-1:00 Lunch__</p>	<p>16</p> <p>9-9:30 Coffee Talk/Picture Find__ 9:30-10 :30 Arthritis Exercise__ 10:30-11 Timing is important when taking medications__ 11-12 Crafts/Wii/Bingo/Corn Hole__ 12-1:00 Lunch__</p>
<p>20</p> <p>9-9:30 Coffee Talk/Picture Find__ 9:30-10:30 Arthritis Exercise__ 10:30-11 Inspiring Short Stories 2__ 11-12 Bingo/Wii/Corn Hole__ 12-1 Lunch__</p>	<p>21</p> <p>9-9:30 Coffee Talk/Word Search__ 9:30-10:00 Chair Exercise__ 10-10:30 Making the World a Better Place__ 11-12 Bingo/Wii/Cards__ 12-1 Lunch__</p>	<p>22</p> <p>9-9:30 Coffee Talk /Word Search__ 9:30-10:30 Arthritis Exercise__ 10:30-11 Speak Out !!__ 11-12 Bingo/Crafts/Wii/Cards__ 12-1 Lunch__</p>	<p>23</p> <p>9-9:30 Coffee Talk/Picture Find__ 9:30-10 Stretchercise__ 10-10:30 Summer Survival Guide__ 10:30-11 Get Your 8 Hugs Today__ 11-12 Cards/Wii/Crafts__ 12-1 Lunch__</p>
<p>27</p> <p>9-9:30 Coffee Talk/Picture Find__ 9:30-10 Stretchercise (Use Bands) 10-10:30 Motivation : 91 yr. Old sets record__ 10:30-11 Morning Walk__ 11:00-12 Bingo/Crafts/Wii__ 12-1 Lunch__</p>	<p>28</p> <p>9-9:30 Coffee Talk/Word Search__ 9:30-10:30 Arthritis Exercise__ 10:30-11 Knock! Knock!__ 11-12 Bingo/Cards/Crafts/Wii__ 12-1 Lunch__</p>	<p>29</p> <p>9-9:30 Coffee Talk/Word Search__ 9:30-10:30 Arthritis Exercise__ 10:30-11 You be the judge__ 11-12 Bingo/Cards/Crafts/Wii__ 12-1 Lunch__</p>	<p>30</p> <p>9-9:30 Coffee Talk/ Picture Find__ 9:30-10:00 Scarf Dance__ 10-10:30 Circle of Friends__ 10:30-11 Bingo/Wii/Crafts__ 12-1 Lunch__</p>

FCI Williamsburg Donates Art



Vital Aging recently received two paintings donated by the Federal Correction Institute —Williamsburg. “Wildflowers” (Pictured above left) and “In the Moment” (Pictured above right) were given to be displayed in the agency’s wellness centers. The Art program at FCI Williamsburg is just one component of a focused comprehensive retraining program to equip inmates with the necessary job skills once released. Robert Welch, Executive Director of Vital Aging, stated that “We are most appreciative of the generosity of FCI Williamsburg and its inmates to help uplift the lives of the seniors we serve. They are truly an asset to our community.”

Donation to Hemingway Center



Vital Aging sincerely thanks the Honorable Lt. Governor Henry McMaster and the Lt. Governor’s Office on Aging for its recent donation (pictured left) of a new wide screen television for the enjoyment of the seniors of the Hemingway Wellness Center.

A Visitor from U.S. Senator Tim Scott’s Office



On June 9th, Mrs. Deloris DaCosta, Regional Director for U.S. Senator Tim Scott, (pictured above far right) dropped in and visited with the seniors of The Hemingway Wellness Center. She enjoyed her stay as she watched the seniors play dominos and had a great time of fun and fellowship.

Honoring a very special Lady



On June 22nd, County Councilman W.B. Wilson (pictured above left) , presented a plaque from Mr. and Mrs. W.B. Wilson, to Debbie Burrows honoring her years of service as Vital Aging Wellness Director during a special luncheon provided by the Kingstree Wellness Center. Pictured left to right are: Councilman W.B. Wilson, Debbie Burrows, Joe Burrows and Rowdy Burrows. Ms. Burrows retired from Vital Aging on June 30 after 10 years of service to seniors.

Farmers Market Training



On June 11th , Mitzie Tisdale, (Pictured above) provided training at the Kingstree Wellness Center for volunteers for the Senior Nutrition program—Farmers Market Voucher Distribution. Volunteers from the Williamsburg County Chapter of the AARP along with many other community volunteers reviewed procedures for the program. Vital Aging sincerely thanks these dedicated volunteers (see below) for making the distribution a success.



July Birthdays



- Pamela Cowan
- Loretta Dancy
- Linda Gray
- Martha Montgomery
- Daisy Pasley
- Margret Shaw
- Bessie Weathers
- Dotherine Williams
- Deloris Wilson
- Roosevelt Wright
- Mary Tann

Seniors of the Month

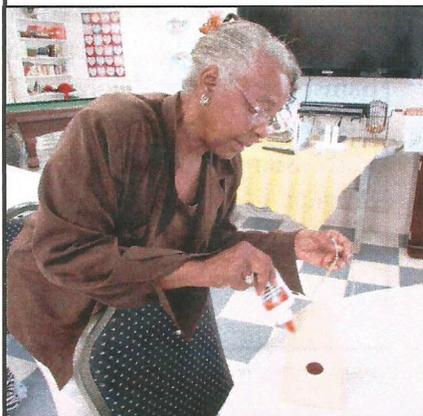
- Greeleyville Center: Ruth Wallace
- Hemingway Center: Cynthia Pressley
- Kingstree Center: Hazel Nelson



Helping the Birds



Members of the Kingstree Wellness Center recently spent time crafting beautiful keep-sake bird houses for their fine feathered friends.

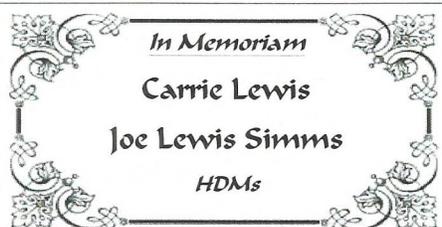


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“Vital Aging exists to promote the physical, mental, emotional and spiritual well-being of Williamsburg County’s senior citizens. Services are provided within a framework of love, understanding and respect to allow an opportunity for mature adults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

We're on the Web!
www.vitalaginginc.org
Like us on Facebook



**Vital Aging
 Board of Directors**

- Stiney O. Gardner — Chair**
- Cornelia Bell — Vice Chair**
- Richard Dukes—Secretary**
- Lee Lineberger—Treasurer**
- Chuck Belding - Past Chair**
- Jeannette V. Chambers**
- The Honorable Kimber Cooper**
- The Honorable Dudley Musier**
- Abraham Henryhand**
- Helen McFadden**
- Judith Murdaugh**
- Addie Nesmith**
- Hattie Philpott**
- The Honorable Sharon Washington Staggers**
- Vacant**

**VFW McClary-Cole Post #6500
 recognizes Foster Grandparents**



VFW Commander Matthew Blake, (Pictured Far Left) presented to Charlene Bradley, former FGP Director and Robert Welch, Executive Director, certificates of appreciation from the VFW McClary-Cole Post #6500. In February, eight Foster Grandparent volunteers provided “Soup for Veterans” for approximately 50 Williamsburg County Veterans. The “Soup For Veterans” project was conducted in recognition of the Martin Luther King, Jr. National Day of Service.

**Hemingway Wellness Center
 Bulletin Board Creations**



Hemingway Wellness Center participants, under the direction of Mrs. Armego Lyerly, recently created bulletin boards honoring Fathers for Father’s day (see below) and a Patriotic Bulletin board in observance of Independence Day (see above). Vital Aging salutes the many creative talented individuals of this center.

