



Embraced Maturity



The Newsletter of Vital Aging of Williamsburg County, Inc.

July 2015
Volume 10, Issue 1

Staff

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Judy McCrea
Deputy Director

Mitzie Tisdale
**Social Services
Director**

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Office Manager

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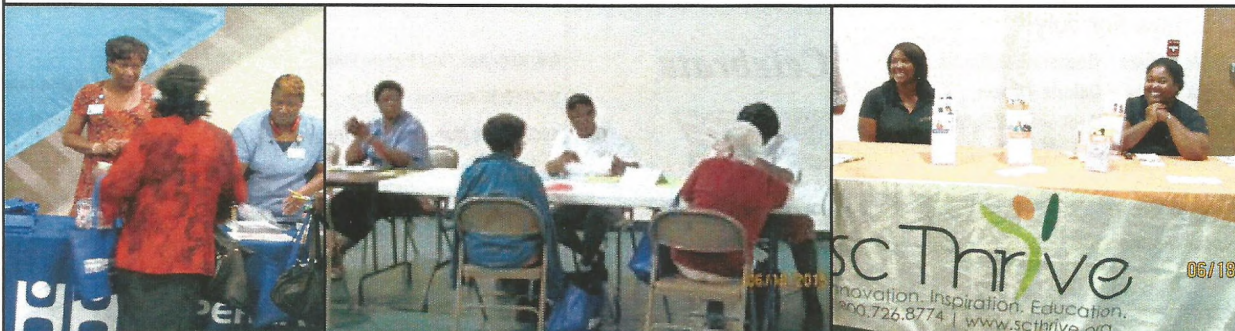
Charlene Bradley
**Wellness Center
Program
Coordinator**

Virginia Shaw
Margaret Moore
Emmie Bluefort
**Wellness Center
Managers**

Bennie Franklin
Lydia Brown
Deborah Smith
Drivers

Shelva Chandler
Myra Mack
Homecare

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.

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

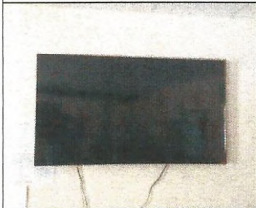
They give us wisdom, inspiration and encouragement. Their loving hugs abound to grandchildren and family members. Countless hours are freely given as volunteers in churches, schools and community organizations. Senior Citizens indeed contribute much to make Williamsburg County a great place to live. 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
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	Celebrate  Saturday, July 4th	1 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____	2 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____
6 9-9:30 Coffee Talk Picture Find____ 9:30-10:30 Arthritis Exercise____ 10:30-11 Craft: Flag Pins____ 10:30-12 Bingo With AGAPE____ 12-1 Lunch____	7 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____	8 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____	9 9-9:30 Coffee Talk/Word Search____ 9:30-10:00 Chair Exercise____ 10-10:30 Laughter Time____ 10:30-11 <u>Nutrition: Let's Eat for the health of it</u> ____ 11-12 Bingo/Crafts/Wii____ 12-1 Lunch____
13 9-9:30 Coffee Talk/Word Search____ 9:30-10 Scarf Dance (Happy)____ 10-10:30 The Benefits of Yogurt____ 11-12 Bingo/Crafts/Wii____ 12-1 Lunch____	14 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____	15 9-9:30 Coffee Talk & Picture Find____ 9:30-10 Walk a Mile____ 10-10:30 <u>Nutrition: Eating Safely</u> ____ 10:30-11 Who's Missing Game____ 11-12 Crafts/Wii____ 12-1:00 Lunch____	16 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____
20 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____	21 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____	22 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____	23 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____
27 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____	28 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____	29 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____	30 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____

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**

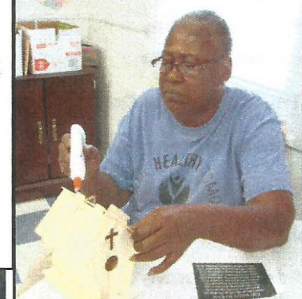
Pamela Cowan
Loretta Dancy
Linda Gray
Martha Montgomery
Daisy Pasley
Margret Shaw
Bessie Weathers
Dotherine Williams
Deloris Wilson
Roosevelt Wright
Mary Tann

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.

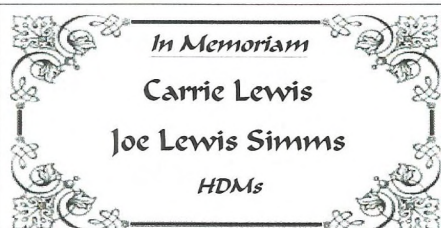


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"Vital Aging exists to promote the physical, mental, emotional and spiritual well-being of Williamsburg County's senior citizens. Services are provided within a framework of love, understanding and respect to allow an opportunity for mature adults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

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Cornelia Bell — Vice Chair
Richard Dukes—Secretary
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Chuck Belding - Past Chair
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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.

