

# EMBRACED MATURITY

Total Solar Eclipse



August 21st

The Monthly Newsletter of Vital Williamsburg of County, Inc.

August 2017  
Volume 12 Issue 2

## How a Simple Box of Food Saved my Dad

*A story recently share from a loving daughter....*

If you ever see this vehicle leaving your home, you will understand exactly what I am about to tell you. My father is a very proud military veteran. He had always taken care of everyone around him until he had a stroke. Watching him grieve the loss of his independence was almost more than I could stand. He felt like he had lost his dignity. As dad got a little stronger, he wanted to be home without someone with him, but he still could not prepare food for himself. That's when we discovered Vital Aging. Their home delivered meals have provided food that he can heat on his own and he has gained his independence and his dignity back. I am positive that I would have lost him if things had not changed. Thank you Vital Aging for all that you do.



## Strength Training Equipment Donated to Hemingway Center



Recently, Vital Aging received an anonymous donation of strength training equipment for the Hemingway Wellness Center. The donation included a light set of hand weights, a set of resistance bands, an exercise ball and an exercise book. Ruth Davis (*pictured above left*) is trying out the new light weights while Debbie Hanna (*pictured above far right*) uses the exercise ball. Vital Aging sincerely thanks this donor for helping to develop and maintain the strength of our seniors at the Hemingway Center. If you would like to discuss donations of exercise equipment or other needed items for our wellness centers, please call Vital Aging at 843-354-5496.

### Staff

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Deborah Lee  
Carrie Strong  
**Drivers**

Marie Epps  
Candance Green  
Myra Mack  
Norma McClam  
**Homemaker Services**

## Vital Aging Welcomes New Board Member

On July 18th, Vital Aging welcomed Sheriff Stephen Gardner as the newest member of the Board of Directors. Sheriff Gardner was confirmed by the Board of Directors and completed new board member training on July 18th.



*Sheriff Gardner is presented a new board member training certificate by Mrs. Stiney Gardner, board chairperson.*

## "From Our Hearts to Your Home" 2017/2018 Membership Drive



Older Americans are a growing and vital part of our nation. Their life experiences are invaluable to society and their contributions are vast, deep and influential. To help Vital Aging, you too can recognize and celebrate seniors by participating in the 2017/2018 "From Our Hearts To Your Home" membership drive. Last year, Vital Aging served 61,195 meals to 366 homebound seniors, provided 17,160 meals to 180 seniors in wellness centers and logged over 85,639 miles assisting with transportation. Our homemaker staff provided over 4611 hours of homemaker support to seniors. To continue to meet the demands of a growing senior population, we need your help. Go to our website at [www.vitalaginginc.org](http://www.vitalaginginc.org) and click on 2017/2018 "From Our Hearts To Your Home" membership form. **You can be that person who provides a meal for a senior in need.**



# August

# 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: right;">1</p> <p>9-9:30 Coffee Talk/Picture Find ____</p> <p>9:30-10 Chair Exercise ____</p> <p>10-11 Badminton (Outdoor Activity) ____</p> <p>11-12 Happy Hour ____</p>	<p style="text-align: right;">2</p> <p>9-9:30 Coffee Talk/Word Search ____</p> <p>9:30-10:30 Arthritis Exercise ____</p> <p>10:30-11 Motivational/Inspirational Message#1 ____</p>	<p style="text-align: right;">3</p>  <p>Field Trip to Florence</p>	<p style="text-align: right;">4</p> <p>Essential Shopping Day ____</p>
<p style="text-align: right;">7</p> <p>9-9:30 Coffee Talk/Picture Find ____</p> <p>9:30-10 :30 Arthritis Exercise ____</p> <p>10:30-11 Healthy Living (Reading) ____</p> <p>11-12 Happy Hour ____</p> <p>12-1 Lunch ____</p>	<p style="text-align: right;">8</p> <p>9-9:30 Coffee Talk/Word Search ____</p> <p>9:30-10 Go 4 Life Exercise ____</p> <p>10-11 Center (Family) Feud: Kingstree @ Greeleyville ____</p> <p>11-12 Happy Hour ____</p> <p>12-1 Lunch ____</p>	<p style="text-align: right;">9</p> <p>9-9:30 Coffee Talk/Picture Find ____</p> <p>9:30-10 Chair Exercise ____</p> <p>10-11 Craft: Cereal Box Mail-box ____</p> <p>11-12 Happy Hour ____</p> <p>12-1 Lunch ____</p>	<p style="text-align: right;">10</p> <p>9-9:30 Coffee Talk/Word Search ____</p> <p>9:30-10:30 Arthritis Exercise ____</p> <p>10:30-11 Laughter Time ____</p> <p>11-12 Happy Hour ____</p> <p>12-1 Lunch ____</p>	<p style="text-align: right;">11</p> <p>Fun Friday ____</p>
<p style="text-align: right;">14</p> <p>9-9:30 Coffee Talk/Word Search ____</p> <p>9:30-10:30 Arthritis Exercise ____</p> <p>10:30-11 How Would You Handle This? (Reading &amp; Discussion) ____</p> <p>11-12 Happy Hour ____</p>	<p style="text-align: right;">15</p> <p>9-9:30 Coffee Talk/Picture Find ____</p> <p>9:30-10 Go 4 Life Exercise ____</p> <p>10-11 Bingo w/Rosalyn of Pruitt Hospice ____</p> <p>11-12 Happy Hour ____</p> <p>12-1 Lunch ____</p>	<p style="text-align: right;">16</p> <p>9-9:30 Coffee Talk/Word Search ____</p> <p>9:30-10:30 Arthritis Exercise ____</p> <p>10:30-11 Motivational /Inspirational Message #2 ____</p>	<p style="text-align: right;">17</p> <p>9-9:30 Coffee Talk/Picture Find ____</p> <p>9:30-10 Chair Exercise ____</p> <p>10-11 Bingo w/Rev. Fulmore ____</p> <p>11-12 Happy Hour ____</p> <p>12-1 Lunch ____</p>	<p style="text-align: right;">18</p> <p>Fun Friday ____</p>
<p style="text-align: right;">21</p> <p>9-9:30 Coffee Talk/Word Search ____</p> <p>9:30-10:30 Arthritis Exercise ____</p> <p>10:30-11 Circle of Prayer ____</p> <p>11-12 Happy Hour ____</p> <p>12-1 Lunch ____</p>	<p style="text-align: right;">22</p> <p>9-9:30 Coffee Talk/Picture Find ____</p> <p>9:30-10 Go 4 Life Exercise ____</p> <p>10-11 Hooverball (Outdoor Activity) ____</p> <p>11-12 Happy Hour ____</p> <p>12-1 Lunch ____</p>	<p style="text-align: right;">23</p> <p>9-9:30 Coffee Talk/Word Searches ____</p> <p>9:30-10:30 Arthritis Exercise ____</p> <p>10:30-11 Reminiscing (Reading) ____</p> <p>11-12 Happy Hour ____</p>	<p style="text-align: right;">24</p> <p>9-9:30 Coffee Talk/Picture Find ____</p> <p>9:30-10 Scarf Dance Exercise (Happy) ____</p> <p>10-12 Popcorn Social ____</p> <p>12-1 Lunch ____</p>	<p style="text-align: right;">25</p> <p>Fun Friday ____</p>
<p style="text-align: right;">28</p> <p>9-9:30 Coffee Talk/Picture Find ____</p> <p>9:30-10 Chair Exercise ____</p> <p>10-11 Water Gun Shoot Out (Outdoor Activity) ____</p> <p>11-12 Happy Hour ____</p> <p>12-1 Lunch ____</p>	<p style="text-align: right;">29</p> <p>9-9:30 Coffee Talk/Word Search ____</p> <p>9:30-10:30 Arthritis Exercise ____</p> <p>10:30-11 Get Your 8 Hugs Today ____</p> <p>11-12 Happy Hour ____</p> <p>12-1 Lunch ____</p>	<p style="text-align: right;">30</p> <p>9-9:30 Coffee Talk/Picture Find ____</p> <p>9:30-10 Scarf Dance Exercise (Happy) ____</p> <p>10-11 Center (Family) Feud: Hemingway @ Kingstree ____</p> <p>11-12 Happy Hour ____</p> <p>12-1 Lunch ____</p>	<p style="text-align: right;">31</p> <p>9-9:30 Coffee Talk/Word Search ____</p> <p>9:30-10:30 Arthritis Exercise ____</p> <p>10:30-11 Table Talk ____</p> <p>10-11 Card Game Greeleyville @ Kingstree ____</p> <p>11-12 Happy Hour ____</p> <p>12-1 Lunch ____</p>	 <p>ONE KIND WORD can change someone's entire day</p> <p style="text-align: center;">The Rule</p>

## Painted Rock Photo Holders



During the month of July, seniors painted their own creative designs for their painted rock photo holder craft.

Ular Franklin (pictured above) designs her photo holder while Ollie Wilson (pictured right) proudly displays her completed photo holder.

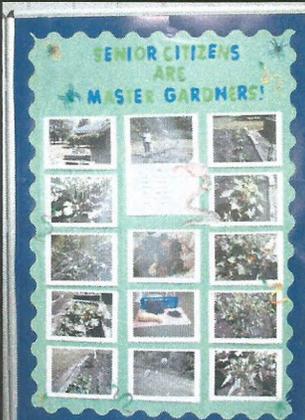


Randy McFadden (pictured left) carefully paints his rock photo holder.

Lillie Woods (pictured right) paints the finishing touches on her rock paper photo holder.



## Greeleyville Seniors Summer Garden Display



Seniors of the Greeleyville Center created a unique display of pictures of their Summer Wellness Center garden. The seniors have enjoyed fresh vegetables from the garden throughout the Summer (see page 4).



## Intergenerational Day at Greeleyville Center



On July 11th, Intergenerational Day was held at the Greeleyville Center. Children from Tender Bears Daycare under the supervision of Mrs. Jannie Singleton visited the center.



Bob and Linda Schatz (pictured left) enjoy the company with a child from Tender Bears Daycare.

Children from Tender Bears Day Care (pictured right) sing a song for the Greeleyville Center Seniors.



## Seniors take morning out to Lake City Farmer's Market



On July 12th, wellness center seniors traveled to the Lake City Farmer's Market at the bean market to spend their farmer's market vouchers. Afterwards seniors enjoyed shopping at Wal-Mart and on the way home stopped in for lunch at Brown's Barbeque (pictured above)



## August Birthdays



## Seniors of the Month



- Dell Coleman
- Wilhelmina Gray
- Margaret Moore
- Patrick Murphy
- Edith Pasley
- Teresa Snow
- Laurena Williams

- Greeleyville Center  
**Ruth Wallace**
- Hemingway Center  
**Martha Cooper**
- Kingstree Center  
**Lois Davis**

### In Memoriam

- Mae Bell Burgess
- Home Delivered Meals
- Bobbie Nelson
- Kingstree Wellness 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.com](http://www.vitalaginginc.com)   
**Like us on Facebook**

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- Judith Murdaugh**
- Addie Nesmith**
- Hattie Philpott**
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- The Honorable Stephen Gardner**

**THE HEART OF IT ALL**



They say it takes a village to raise a child,  
To keep them humble, meek, and mild.  
After sixty years or more have gone,  
You're now old and all alone,  
You're in need of that village again,  
But there's no one, not even a friend.  
Vital Aging can help see you through,  
Aging services is what we do.  
We offer meals and so much more,  
Delivering smiles right to your door.  
When your strength fails and tends to fall,  
We want to help—that's the heart of it all.  
MCT 2017



**Pickings From The  
Greeleyville Center Garden**



During the month of July, Greeleyville Center seniors enjoyed the “fruits” in this case vegetables of their labor from the center garden with tasty pickings on several occasions *(pictured above and below)*

