



# EMBRACED MATURITY



**June 22nd**

*The Monthly Newsletter of Vital Williamsburg County, Inc.*

**June 22nd**

June 2017  
Volume 11, Issue 12

## Staff

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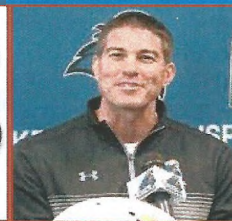
Charlene Bradley  
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Homecare

## **DON'T MISS!**

**Dinner & Silent Auction featuring  
CCU Associate Head Coach  
Jamey Chadwell—June 22nd  
Santee Electric Cooperative**



Come and hear Associate CCU Head Coach Offensive Coordinator **Jamey Chadwell** for “**A Dinner & Silent Auction**” on Thursday, June 22nd at 6:00 p.m. at Santee Electric Cooperative Conference Center, 424 Sumter Highway in Kingstree. Coach Chadwell, former Charleston Southern University head coach, and three time Big South Conference Coach of the Year, led the Buccaneers to conference titles in 2015 & 2016. CCU Coach Joe Moglia signed Chadwell to the Chanticleers program in 2017 as Associate Head Coach & Offensive Coordinator. Chanticleer Head Coach Joe Moglia said, “I could not be more proud to have Jamey Chadwell join the Coastal Carolina Program. He has not only been an intense competitor of ours, but has had outstanding success and has always put his players and his school first. He epitomizes “BAM” - Be a Man, which is the standard upon which we build our entire program. Vital Aging thanks our corporate sponsor level sponsors: Santee Electric Cooperative; Duke Energy and Palmetto Synthetics, LLC. A limited number of tickets are still available. For tickets call 843-354-5496.

## **Vital Aging Seniors Attend Senior Day at Statehouse**



On May 4th, Vital Aging Seniors participated in Senior Day as sponsored by the Lt. Governor’s Office on Aging in celebration of Older American Month. Pictured left to right are: Deloris Gorham, Lois Davis, Lillie Rivers, Betty Capers & Sarah Morris. Lt. Governor Kevin Bryant thanked the seniors for their many contributions to our country.

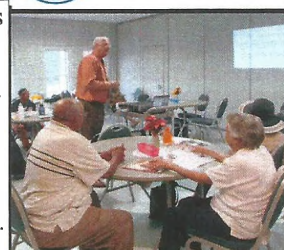
**Vital Aging Seniors  
have Fun at  
Age Out Loud  
Celebration on  
May 18th.**



On May 18th, Vital Aging Wellness Center seniors celebrated Older Americans Month with their “Age Out Loud Celebration.” The morning opened with a fitness walk and then breakfast mingle sponsored by Agape Hospice. Inside activities included a “Hanky Panky game, ring toss, pass the balloon, balloon toss sponsored by Agape Hospice, a Wild Socks Fashion Show Contest and Staff Pie Eating Contest. Afterwards, Ms. Charlene Bradley along with Robert Welch, Executive Director, recognized seniors for their many talents and recognized senior volunteers. Afterwards, seniors enjoyed a bingo game and lunch.



## **S.C. Legal Aide warns Seniors of Scams**



*Michael Large (pictured above) speaks to Greeleyville Center Seniors*

In the month of May, Michael Large, an attorney for S.C. Legal Aide visited Vital Aging wellness centers and gave information on how seniors can protect themselves from scams. He cautioned the seniors about current scams preying on the senior population across the state.

# June 2017

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday                                       |
|---|---|---|--|--|
|    | <i>Anyone can be a FATHER, but it takes someone special to be a DAD.</i>  |    | <p>1</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>2</p> <p>Essential Shopping Day _____</p> |
| <p>5</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10:30 Arthritis Exercise _____</p> <p>10:30-11 Motivation/Inspirational Message #1 _____</p> <p>11-12 Happy Hour _____</p>                    | <p>6</p> <p>9-9:30 Coffee Talk/Word Search _____</p> <p>9:30-10 Soul Train Ribbon Dance _____</p> <p>10-11 Craft: Paper Straw Turtles _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>                   | <p>7</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10 Chair Exercise _____</p> <p>10-11 Hand Pampering w/Ms. Sellicia Pressley _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p> | <p>8</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10:30 Arthritis Exercise _____</p> <p>10:30-11 Nutrition Lesson #1 _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>                               | <p>9</p> <p>Fun Friday _____</p>             |
| <p>12</p> <p>9-9:30 Coffee Talk/Word Search _____</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>13</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10 Go 4 Life Exercise _____</p> <p>10-11 Emergency Preparedness Workshop (Tiffany Cooks) _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p> | <p>14</p> <p>9-9:30 Coffee Talk/Word Search _____</p> <p>9:30-10 Chair Exercise _____</p> <p>10-11 Farmer's Market Vouchers _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>               | <p>15</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10:30 Arthritis Exercise _____</p> <p>10:30-11 Motivation/Inspirational Message #2 _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>              | <p>16</p> <p>Fun Friday _____</p>            |
| <p>19</p> <p>9-9:30 Coffee Talk/Picture Find _____</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>20</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10 Go 4 Life Exercise _____</p> <p>10-12 Popcorn Social _____</p> <p>12-1 Lunch _____</p>  | <p>21</p> <p>9-9:30 Coffee Talk/Word Search _____</p> <p>9:30-10:30 Arthritis Exercise _____</p> <p>10:30-11 Nutrition Lesson #2 _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>          | <p>22</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10 Scarf Dance Exercise (Happy) _____</p> <p>10-11 Guest Speaker: Michael Large (SC Legal Aide) _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p> | <p>23</p> <p>Fun Friday _____</p>            |
| <p>26</p> <p>9-9:30 Coffee Talk/Word Search _____</p> <p>9:30-10:30 Arthritis Exercise _____</p> <p>10-11 Breakfast Scramble (Game) _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>         | <p>27</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10 Go 4 Life Exercise _____</p> <p>10-11 Can You Hit the Target (Game) _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>                   | <p>28</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>12-1 Lunch _____</p>      | <p>29</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10 Chair Exercise _____</p> <p>10-11 Talk Topics _____</p> <p>11-12 Bingo w/Agape' Hospice _____</p> <p>12-1 Lunch _____</p>                                    |  |

### What Seniors & Caregivers are saying about Vital Aging's HDM & Homecare programs

Vital Aging's home delivered meal program provides critical nutritional services to seniors each week. This is what a HDM participant recently said:

*"I like my driver. She is so nice. My meals are so helpful to me because my arthritis in my hands makes it hard for me to cook and do what I need to do. My children live so far away and I don't want them to move back home and I'm not going to live with them. I want to stay in my home forever."* Anonymous

Vital Aging's home care program provides light housekeeping for homebound seniors each week. This is what a caregiver recently said of our services:

*"We appreciate the homemaker services so much, having someone in the home for my father so that we can leave to run errands means so much to us. We would be devastated without this program."* Anonymous

### In Memoriam

**Maggie Coard**

**Greeleyville Wellness Center**

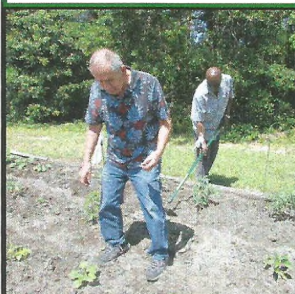
**Alice Nexsen**

**Laurie Johnson**

**Julian Bradley**

**Home Delivered Meals**

### Greeleyville Seniors plant Garden



Seniors of the Greeleyville Center recently planted their garden behind the center. Pictured above are Bob Schatz and Abraham Henryhand. Pictured below are Abraham Henryhand and Betty Roberts tending the garden.



### Pine Cone Zinnas Craft



During the month of May, wellness Center seniors made Pine Cone Zinnas. Seniors Decorated their pine cones with Spring colors. Above Kingstree Center Seniors display their creations, below are Hemingway center creations and Ms. Lois Davis (pictured bottom) of the Kingstree Center paints her pine cone.



### C E Murray High School Recognizes Greeleyville Center Mothers & Fathers



On May 9th, students from C.E. Murray High School along with Ms. Mary Mack (pictured below left), distributed Mother's day gift bags to Mothers and Fathers day gifts bags to Fathers of the Greeleyville Wellness center.



### June Birthdays



Cora Brooks  
Sparkle Cooper  
Justine Frazier  
Margaret Gourdine  
Essie Green  
Lucreasia Hughes  
Mable Jefferson  
Listerine Lewis  
Carthen Lyerly

Louise Morant  
Charles Morris  
Alberta Morris  
Alberta Pressley  
Lillian Robinson  
Lou Simms  
Carl Tart  
Lillie Mae Williams

### Seniors of the Month



### Kingstree Center

**Abraham Henryhand**

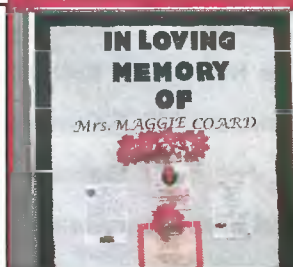
### Hemingway Center

**Carthen Lyerly**

### Kingstree Center

**Deloris Gorham**

### Greeleyville Center Remembers Mrs. Maggie Coard



Mrs. Maggie Coard, a participant of the Greeleyville Center, passed away on May 17th. Seniors of the center lovingly created a tribute (pictured above) to Mrs. Coard in the Dining area.

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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.**   
**Like us on Facebook**

## Vital Aging Board of Directors

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**The Honorable Kimber Cooper —  
Vice Chair**

**Richard Dukes—Secretary**

**Lee Lineberger—Treasurer**

**Mitzie Boyd**

**The Honorable Ricky Burrows**

**Jeannette V. Chambers**

**Dr. Janice M. Gamble**

**Abraham Henryhand**

**Helen McFadden**

**Judith Murdaugh**

**Addie Nesmith**

**Hattie Philpott**

**The Honorable Sharon Washington  
Staggers**

**Vacant**

## Williamsburg County Recognizes Senior Waccamaw Sports Classic Competitors & adopts Older Americans Resolution



On May 16th, Williamsburg County Council recognized Senior Competitors from the 6th Annual Waccamaw Sports Classic held on April 21st at Coastal Carolina University. Seniors from Vital Aging, Williamsburg County Recreation department and the AARP participated in sanctioned sporting events as well as an arts & crafts show. The Waccamaw Sports Classic is sponsored by the Waccamaw Area Agency on Aging and Coastal Carolina University Sports Management program. Williamsburg County Council designated May 2017 as Older Americans Month and adopted it as a resolution.

## Greeleyville Center Floral Centerpieces

Greeleyville Center participants arranged stunning floral centerpieces (*see below*) for their dining area. The silk flowers were donated by Pollyanna's Florist.

