



EMBRACED MATURITY



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

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Wellness Centers compete in Family Feud Game and Card tournament



Seniors enjoyed friendly competition as they traveled between Vital Aging centers during September. Seniors played card games and the ever popular Family Feud game. Pictured above members of the Greeleyville Center are welcomed at the Hemingway center. Pictured below members of the Kingstree Center play spades with members of the Greeleyville Center. Pictured bottom Greeleyville Center seniors enjoy a moment with Hemingway Center Participants.



Councilman Jonathan Miller visits Greeleyville Center

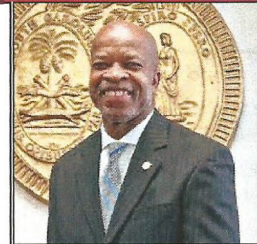


Williamsburg County Councilman Jonathan Miller (pictured left) District #3 recently visited with seniors of the Greeleyville Center. Councilman Miller took questions from the seniors and enjoyed a time of fellowship. The Greeleyville center serves seniors of the Salters, Lane and Trio communities.



Vital Aging celebrates 21st Annual Meeting of Members on October 19th

Vital Aging's "From Our Hearts to Your Home" 21st annual meeting of members will be held on Thursday, October 19th at 11:00 a.m. at the Kennedy Center in Greeleyville. The Honorable Ronnie Sabb, Senator District#32 will serve as the guest speaker. Special music is planned as the agency seeks to celebrate the many accomplishments of our great senior citizens. Make your plans to attend today by calling Vital Aging at 843-354-5496.



The Honorable
Ronnie A. Sabb,
Senator District
#32 Guest
Speaker

Medicare Presentations sponsored by Waccamaw Area Agency on Aging



Beulah Torbit, (pictured above) Medicare Specialist with Waccamaw Area Agency on Aging, recently gave presentations about Medicare in Vital Aging's Wellness Centers. She spoke about open enrollment and ways seniors could protect themselves against Medicare Fraud. For assistance with open enrollment, call Waccamaw AAA at 843-546-8502.

Councilman Stanley Pasley Visits Kingstree Center



On September 26th, Williamsburg County Councilman Stanley Pasley visited the Kingstree Center. Supervisor Pasley took questions from the seniors on a wide variety of topics and expressed his support of the Murdaugh (new Kingstree Center) project. Afterwards he visited with the seniors and gave out individual bottles of hand sanitizer and emery boards. Supervisor Pasley complimented the work of Vital Aging and praised its staff for their dedicated service to senior citizens.




Looking Great!



Mrs. Ruth Wallace of the Greeleyville center proudly wears a beautiful bonnet that she had made in the wellness center.



October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</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 Kingstree @ Greeleyville _____</p>	<p>3</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>11-12 Happy Hour _____</p>	<p>4</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10 Chair Exercise _____</p> <p>10-11 Health Talk w/ Rosalyn of Pruitt Health (Incontinence Hygiene) _____</p> <p>11-12 Happy Hour _____</p>	<p>5</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>6</p> <p>Essential Shopping Day _____</p>
<p>9</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10 Chair Exercise _____</p> <p>10-11 Homecoming Court Voting _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>	<p>10</p> <p>9-9:30 Coffee Talk/Word Search _____</p> <p>9:30-10 :30 Arthritis Exercise _____</p> <p>10-11 Bingo or Health Talk w/Agape' Hospice _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>	<p>11</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10 Chair Exercise _____</p> <p>10-11 Three of the Same Game _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</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 Laughter Time _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>	<p>13</p> <p>Fun Friday _____</p>
<p>16</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 & Discussion) _____</p> <p>11-12 Happy Hour _____</p>	<p>17</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10 Go 4 Life Exercise _____</p> <p>10-11 Guest Speaker: John Cornely w/Physicians Pharmacy Alliance _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>	<p>18</p> <p>9-9:30 Coffee Talk/Word Search _____</p> <p>9:30-10:30 Arthritis Exercise _____</p> <p>10-11 Fire Safety Presentation w/ Clay Matthews _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>	<p>19</p>  <p>21st Annual Meeting of Members Kennedy Center</p>	<p>20</p> <p>Fun Friday _____</p>
<p>23</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>24</p> <p>9-9:30 Coffee Talk/Picture Find _____</p> <p>9:30-10 Go 4 Life Exercise _____</p> <p>10-11 Craft: Paper Roll Pumpkin _____</p> <p>10-11 Card Game: Greeleyville @ Kingstree _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>	<p>25</p> <p>9-9:30 Coffee Talk/Word Searches _____</p> <p>9:30-10:30 Arthritis Exercise _____</p> <p>10:30-11 Spirit Week—Year Book Signing Party _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>	<p>26</p> <p>Spirit Week— Wear Your School Color(s) Day & Wellness Centers Homecoming Dance 2017 (Kennedy Center) _____</p>	<p>27</p> <p>Fun Friday/Birthdays Celebration _____</p>
<p>30</p> <p>9-9:30 Coffee Talk/Picture Find _____</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>31</p> <p>9-9:30 Coffee Talk/Word Search _____</p> <p>9:30-10 Chair Exercise _____</p> <p>10-11 Halloween Activities _____</p> <p>11-12 Happy Hour _____</p> <p>12-1 Lunch _____</p>			

Grandma and Grandpa's Garden Pots



During the month of September and in recognition of Grandparents Day, seniors made special "Grandma's & Grandpa's Garden" pots to display pictures of their grand children. Robert Martin (*pictured above left*) of the Greeleyville center puts his pot together while Essie Gimenez and Lucille Wheeler (*pictured above right*) of the Kingstree Center display their Grandma's Garden Pot. Members of the Greeleyville center (*pictured below left*) garden pots are on display while Pauline Myers and Lois Davis of the Kingstree Center display the pots that they lovingly made.



Yarn Relay Race



In September seniors enjoyed a yarn relay race in the centers. Pictured above Kingstree Seniors Lois Davis, Betty Scott and Jack Graham get ready for their race while Hemingway seniors Sadie Mae Lews, Betty Fredrick and Cora Brooks have fun with their relay race.



William Cole (*pictured right*) enjoys his morning exercise at the Greeleyville Center while listening to music.



Seniors Celebrate Spirit Week Oct. 23rd— Oct. 26th

The week of October 23rd to 26th, Vital Aging wellness center seniors will dust off their pom poms and Jerseys as they show their "Spirit". On October 23rd is Mismatch Day—wear mismatch clothing; Tuesday October 24th is Crazy hat Day; Wednesday, October 25th - a year book signing party; On Thursday, October 26th each wellness center is asked to wear school colors—Kingstree: Black & Gold; Hemingway Center—Blue & White and Greeleyville Wellness Center Maroon & Gold. Finally all centers will come together at the Kennedy Center to celebrate with a Homecoming Dance on Thursday, October 26th.



In Memoriam



Seniors of the Month



Greeleyville Center

Thelma York

Hemingway Center

Irene Gordon

Kingstree Center

Sarah Carroll



October Birthdays



Annie Chandler
Beatrice Cunningham
Ruth Davis
Betty Fredrick
Irene Gordon
Dora Green
Ermanise Green
Lee Green
Judy Grier
Mary Hammond

Burdell Kelty
Terry Lemon
Robert Martin
Frances Matthews
Mary Montgomery
Peggy Moore
Azalee Mouzon
Hattie Philpott
Joan Turner

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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!
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Judith Murdaugh

Addie Nesmith

Hattie Philpott

The Honorable Sharon Washington Staggers

The Honorable Stephen Gardner

DSS provides training to Vital Aging staff



On September 19th, Mr. John Taylor, Adult Protective services program Coordinator for Department of Social Services in Kingstree led training for Vital Aging Staff. Mr. Taylor provided information on signs of elder abuse and appropriate referrals for adult protective services. Vital Aging thanks Mr. Taylor for giving of his time to provide this important information to our staff.

Superbowl Champion Supports Senior Services



Superbowl XVII Champion Coach Charlie Brown stopped by Vital Aging on September 15th to present several donated items for fundraising events. Coach Brown, a former wide receiver in the NFL for six seasons helped clinch the Washington Redskins victory over the Miami dolphins victory of 27—17 in Superbowl XVII. Coach Brown also played for the Atlanta Falcons and was the former head coach of Kingstree Senior High School. Executive Director Robert Welch said, "I sincerely thank Coach Brown for thinking of our seniors in this most special way."

Greeleyville Center Celebrates Grandparents



In recognition of Grandparents month during September, seniors of the Greeleyville Center shared their precious photos of their grandchildren to create a "Grandparents are Loved" bulletin board. This bulletin board is proudly displayed in their dining area.