



EMBRACED MATURITY

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



August 2023
Volume 18, Issue 2

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Wellness Center Managers

Rosemarie Moore

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Drivers

Shakara Bradley

Barbara Wagner

Norma McClam

Blanche McClary

Carrie Strong

Homemakers Services



Help Vital Aging Build Bridges and Priceless Connections for Seniors



Vital Aging is celebrating 27 years of service to the senior citizens of Williamsburg County. At the close of our year on June 30, 2023, Vital Aging provided 74,251 meals to homebound seniors and group dining seniors. Our homemaker staff provided 5667 hours of compassionate support to seniors. A Wellness Center participant commented: "I attend the center just about every day and I really enjoy coming. The people are so friendly and I like the atmosphere. I enjoy all the activities and I know that I can get at least one good meal on the days that I come". For many of our home delivered meal clients, the driver delivering their meal may be the only person they see that week. Help Vital Aging build bridges and priceless connections for seniors by helping us to provide meals for seniors and combat social isolation. Our seniors need these important bridges to live meaningful and independent lives. Please go to our website at www.vitalaginginc.org and click on 2023/2024 "Building Bridges and Priceless Connections" membership form or click our donate link. Please see back page for membership form. You can be that person who makes a lasting difference in the life of a senior in need.

Mr. Morris Donates Canned Goods to Seniors



On July 25th, Mr. Kam Morris, a rising senior at Williamsburg Academy, generously donated several cases of canned goods for our seniors at the Kingtree Wellness Center. The seniors were delighted to receive his donation. We appreciate his community service efforts and would like to thank Kam for thinking of our seniors in this special way. We hope the best for Kam in this upcoming school year.

Vital Aging Recognizes Employees



Vital Aging recently recognized two employees for their years of service to the agency. Joslyn Cooper (pictured above left) office assistant for ten years of dedicated service to the agency and Carrie Strong (pictured above right) for five years of service to Vital Aging. We applaud both of you for all your hard work and dedication. You are appreciated!

Vital Aging Seniors Enjoy Trip to Pee Dee State Farmers Market



On July 13th, Wellness Center seniors took a trip to Florence on Thursday, July 13th. The first stop was at the Pee Dee State Farmer's Market to give them an opportunity to use their Senior Farmers' Market vouchers they received in June. There was an array of beautiful fruits and vegetables to choose from. After the seniors finished shopping, they headed to Bazen's Restaurant for a delicious buffet lunch. All the seniors had an enjoyable time.



Seniors Color for Fun and Many Other Benefits



Seniors of the Kennedy Center display their Summer Coloring pages. Seniors color fun Summer Templates such as hats and fishing. Studies have shown that for Seniors coloring develops fine motor skills including improved focus and hand-eye coordination, encourages patience and relaxation, helps with concentration and can stimulate happy memories.

August

2023

Monday	Tuesday	Wednesday	Thursday
<p>Let's Celebrate AUGUST Birthdays</p> 	<p>1</p> <p>9-9:30 Coffee Talk/Maze Craze 9:30-10 Fittercise (Exercise CD) 10-11 Childhood Game: Tic Tac Toe 11-12</p>  <p>12-1 Lunch/Dismissal</p>	<p>2</p> <p>9-9:30 Coffee Talk/Spot the Difference 9:30-10 Walk With Ease 10-11 Just Saying 11-12 Happy Hour (Board Games/Cards/Chat & Catch Up/Sewing/Fitness Room/Wii) 12-1 Lunch/Dismissal</p>	<p>3</p> <p>9-9:30 Coffee Talk/Picture Find 9:30-10 Fit Thursday 10-11 Circle of Me! (Activity Sheet) 11-12</p>  <p>12-1 Lunch/Dismissal</p>
<p>7</p> <p>9-9:30 Coffee Talk/Word Search 9:30-10 Walk With Ease 10-11 Balloon Relay 11-12 Happy Hour (Board Games/Cards/Chat & Catch Up/Sewing/Fitness Room/Wii) 12-1 Lunch/Dismissal</p>	<p>8</p> <p>9-9:30 Coffee Talk/Maze Craze 9:30-10 Sittercise (Exercise CD) 10-10:30 Daily Living for Seniors (Devotional Reading & Discussion) 10-10:30 Crossword Puzzle 10:30-11 Coloring for Seniors 11-12</p>  <p>12-1 Lunch/Dismissal</p>	<p>9</p> <p>9-9:30 Coffee Talk/Journaling (How do you enjoy your "me time"?) 9:30-10 Walk With Ease 10-11 Re-Entry Pass (WMSBG Co. Emergency Management) 11-12 Happy Hour (Board Games/Cards/Chat & Catch Up/Sewing/Fitness Room/Wii) 12-1 Lunch/Dismissal</p>	<p>10</p> <p>9-9:30 Coffee Talk/Picture Find 9:30-10 Fit Thursday 10-12 Popcorn Social</p>  <p>12-1 Lunch/Dismissal</p>
<p>14</p> <p>9-9:30 Coffee Talk/Word Search 9:30-10 Walk With Ease 10-11 Childhood Game: SOS 11-12 Happy Hour (Board Games/Cards/Chat & Catch Up/Sewing/Fitness Room/Wii) 12-1 Lunch/Dismissal</p>	<p>15</p> <p>9-9:30 Coffee Talk/Journaling (Do you have a childhood dream, which you want to fulfill now? What is that dream?) 9:30-10 Seatworks (Exercise CD) 10-11 Art & Craft: Design A Flag (Activity Sheet) 11-12</p>  <p>12-1 Lunch/Dismissal</p>	<p>16</p> <p>9-9:30 Coffee Talk/Spot the Difference 9:30-10 Walk With Ease 10-11 You Be The Judge (Reading & Group Discussion) 11-12 Happy Hour (Board Games/Cards/Chat & Catch Up/Sewing/Fitness Room/Wii) 12-1 Lunch/Dismissal</p>	<p>17</p> <p>9-9:30 Coffee Talk/Picture Find 9:30-10 Fit Thursday 9:30-12 Medicare & You Community Health Information Fair (Town Of Kingstree Rec) 10-11 Goof Off Day 11-12</p>  <p>12-1 Lunch/Dismissal</p>
<p>21</p> <p>9-9:30 Coffee Talk/Word Search 9:30-10 Walk With Ease 10-11 Senior Citizens Day Celebration 11-12 Happy Hour (Board Games/Cards/Chat & Catch Up/Sewing/Fitness Room/Wii) 12-1 Lunch/Dismissal</p>	<p>22</p> <p>9-9:30 Coffee Talk/Maze Craze 9:30-10 Fittercise (Exercise CD) 10-10:30 Daily Living for Seniors (Devotional Reading & Discussion) 10-10:30 Crossword Puzzle 10:30-11 Reminiscing: The Old Days 11-12</p>  <p>12-1 Lunch/Dismissal</p>	<p>23</p> <p>9-9:30 Coffee Talk/Journaling (What does self-love mean to you?) 9:30-10 Walk With Ease 10-11 BOGGLE (Word Activity Sheet) 11-12 Happy Hour (Board Games/Cards/Chat & Catch Up/Sewing/Fitness Room/Wii) 12-1 Lunch/Dismissal</p>	<p>24</p> <p>9-9:30 Coffee Talk/Picture Find 9:30-10 Fit Thursday 10-11 Outdoor Games 11-12</p>  <p>12-1 Lunch/Dismissal</p>
<p>28</p> <p>9-9:30 Coffee Talk/Word Search 9:30-10 Walk With Ease 10-11 Shipwrecked (Group Activity Sheet) 11-12 Happy Hour (Board Games/Cards/Chat & Catch Up/Sewing/Fitness Room/Wii) 12-1 Lunch/Dismissal</p>	<p>29</p> <p>9-9:30 Coffee Talk/Maze Craze 9:30-10 Sittercise (Exercise CD) 10-11 Art & Craft: Tissue Paper Painting 11-12</p>  <p>12-1 Lunch/Dismissal</p>	<p>30</p> <p>9-9:30 Coffee Talk/Spot the Difference 9:30-11 Goof Off Day 11-12 Happy Hour (Board Games/Cards/Chat & Catch Up/Sewing/Fitness Room/Wii) 12-1 Lunch/Dismissal</p>	<p>31</p> <p>9-9:30 Coffee Talk/Picture Find 9:30-10 Fit Thursday 10-11 1-Minute Talk (Group Activity) 11-12</p>  <p>12-1 Lunch/Dismissal</p>

Seniors Observe Aunt's & Uncles Day



Hemingway Center

Seniors are displaying the family trees they created for Aunts and Uncles Day. U.S. National Aunts and Uncles Day is celebrated on July 26th. This activity was to pay tribute to Aunts and Uncles in the seniors' lives since they are an important part of a family. Each participant was given an 11" X 17" copy of a tree which had space to list the names of their grandparents and great grandparents. Then they cut out leaf patterns and colored them along with the tree. Then they listed names of Aunts and Uncles on each side of their families and placed them on the side of the tree that corresponded with that grandparent. The family tree showed four generations when completed.



Kennedy Center



Kingstree Center

Name The State Game



As part of the America's Birthday party in the centers in July, seniors tested their knowledge of the 50 states in the Name that State Game. Seniors had to match up the states to their respective slogans and phrases. Mrs. Jeannette Chambers (pictured above left) won and was awarded a prize for the Kennedy Center, seniors (L to R) Mrs. Mary Scott and Mrs. Martha Barr won at the Kingstree Center.

Come Out for A Day of Free Information and Services!



Presents

Medicare and You

Community Health Information

August 17th, 9:00 a.m. to 1:00 pm.

Location: Town of Kingstree Recreation Department 375 Nelson Boulevard, Kingstree, S.C.

For more information contact Samantha McClary at (843) 485-1550 or snmclclary@wrcog.org



Painted Sea Shell Craft



Seniors reminisced about cool beach breezes and summer fun as they painted beautiful sea shells in the centers last month. Pictured above Hemingway seniors show their creations and Kennedy center seniors (pictured below) display their sea shell creations.



The Importance of Staying Hydrated



Ms. Suzy Johnson, Registered Dietician with the Low Country Food Bank, is pictured above facilitating a class at the Hemingway Center. She reminded seniors of the importance of staying hydrated during the summer.

Studies show that Seniors are more prone to becoming dehydrated for a number of reasons, including a diminished sense of thirst. Try to build hydration into your routine. Making it a point to drink water at certain times each day can help transform it into a healthy habit. For example, consume a glass of water when you wake up in the morning, after every meal, and before and after exercise or activity.

America's Birthday Party



Kingstree Center

To celebrate the 4th of July last month, Seniors wore red, white and blue. Each center was decorated in Red, White and Blue and seniors had refreshments of the same colors. Seniors also completed a Name the State activity sheet. The senior with the most answers won a prize. At the closing of the party participants sang the state of S.C. song: "South Carolina on My Mind."



Kennedy Center



Hemingway Center

August Birthdays

Martha Barr
Dell Coleman
Roberta Dukes
Patricia Hall
Betty Lawson
Margaret Moore

Patrick Murphy
Janice Parker
Mary Peterson
Ernestine Thompson
Elreatha Washington
Magalene Woods

In Memoriam

Mr. James Cooper
Mrs. Gladys Pressley

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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."

f We're on the Web!

www.vitalaginginc.org

Like us on Facebook

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Mrs. Silverten Mitchum

Ms. Monica Murdaugh

Ms. Hattie Philpott

Chief Marc Whitfield



**Hear What Vital Aging Seniors Say About
Our Services**



"I am so grateful to be able to get the meals. At my age of 90, I'm just unable to fix a balanced meal for myself. I live alone, so I don't have anyone here that can cook me a healthy meal during the day. It is so convenient to be able to get the meals delivered to my house and I don't have to worry about going out to shop. I look forward to getting the meals and I'm so thankful for the driver that brings them and to Vital Aging."



**Help Build Bridges and Priceless
Connections for Seniors Today!**



YES! I Want to help! HERE is my Membership Gift in response to help build bridges for seniors in need.

I am excited about helping Seniors stay *Strong*. **You can count on my support to:**

___ Pray daily/weekly/monthly for you and the work of Vital Aging in Williamsburg County.

___ Give \$25, \$50, or \$100 (*circle one*) every month beginning _____.

___ Enclosed is a one-time gift of \$ _____ for **Help Build Bridges** Response:

Name

Address

City, State, Zip

Phone

Email address



Contributions are tax deductible as allowable by IRS Law

"Help Build Bridges for Seniors"