



Generations Unlimited NEWSLETTER January 2023

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Director's Desk



2023 – New Year, New Focus & New Vision

As we receive the Blessings of the new year, let us give thanks as we endure to lead and live in the fullness of life. It is with great Joy that I have the pleasure of working in an environment that brings new knowledge that is so relevant to our everyday lives. Reflection helps our seriousness of thought and consideration. Attending to the matters of life for our most “Seasoned Seniors” is the seriousness of our business at Generations Unlimited. This title was claimed for our most valuable citizens as a result of attending the “5th annual Live Healthy SC Meeting” in 2022. Information presented reference the healthiness of Seniors. The New Year, 2023 will bring greater prosperity to the health and wellness of our Seasoned Seniors. This first message of 2023, to everyone, is likened unto 3 John 1:2 which reads “Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”

Our goals at Generations Unlimited are to transform the way we serve, engage and provide for our Seasoned Seniors. We are hopeful that every one of you will help us in this great endeavor. We’re aiming to reestablish and refocus our vision for the unification and healthiness of all generations, as each is connected to the other. As we think about the new and modern-day senior citizen we must know and understand just who they are.

According to Sudden Senior Jul 19, 2020; they are ... A VITAL AUDIENCE – In the United States, there are about 52 million people who are age 65 or older, according to the U.S. Census Bureau. This demographic is projected to almost double in size by 2060, to a whopping 95 million people. This means that 1 in 5 people will be senior citizens and not only that, seniors are also predicted to outnumber children in the next 10 years. This large increase is largely due to many medical and technological improvements, which have helped us live longer.

This increase in the older population has brought many changes. Some positive changes include an increase in education levels and life expectancy and a decrease in the poverty rate. There are some rising problems. Obesity rates, Alzheimer’s, and other diseases are affecting more seniors every day, which has simultaneously increased the need for nursing home care. The baby boomers are definitely changing how the U.S. works and they definitely bring many opportunities as well as many challenges for the future.

Therefore, in 2023 we will become Generations Unlimited United and Healthier; from the Greatest Generation (born 1901-1927) through the Gen Alpha generation (born 2013-2025), all working together ensuring that all of Barnwell County is healthier in mind, body and Spirit

Ethel T. Faust



Awareness & Community Connections
with Tips for
“Salt of the Earth & A Glimpse of Light...”

DID YOU KNOW... The Most Productive Age In Human Life Is Between 60-70 Years of Age
Of course, this will be an attractive message to those of us near or above 60 years old. However, it does seem consistent with my observations. The younger ones still have some sorting out to do before they become the respected elders, the wise old men, the guru or other venerated founts of wisdom.
– Ted –

**The Most Productive Age In Human Life Is Between 60-70 Years of Age from [AWAKEN](http://www.awaken.com)
www.awaken.com**

As a baby boomer, I can tell you the most productive age in human life is between 60-70 years of age. What's even better? The possibilities for your future are endless.

The most productive age in human life is between 60-70 years of age.

The 2nd. most productive stage of the human being is from 70 to 80 years of age.

The 3rd. most productive stage is from 50 to 60 years of age.

The average age of NOBEL PRIZE winners is 62 years old.

The average age of the presidents of prominent companies in the world is 63 years.

The average age of the pastors of the 100 largest churches in the U.S.A. is 71.

The average age of the Popes is 76 years.

This tells us in a way that it has been determined, that the best years of your life are between 60 and 80 years.

When you're in your 60s, 70s or 80s – that's when life starts getting really good. You've got all these skills and accomplishments under your belt so everything is starting to gel for the best!

The key here: It's not just because we age but also because our personalities start coming together too... There is a logical reason for this. It is true that when you are young you are still feeling your way, acquiring the skills you need and laying the foundations of your future achievements.

Most of our 20s and 30s are spent on romance, on wooing our future partner, and in creating and bringing up our family. The responsibility of making a living, of educating our children, and of taking care of our parents is a time-consuming one that inevitably distracts us from a single-minded focus on professional accomplishment.

In other words, most people's social and personal circumstances mean that their lives are so designed that the best years of a person's life are between 60 and 80. This is the age when they have acquired whatever skills you're likely to learn, made plenty mistakes but also learned from those experiences in order for them not happen again on future endeavors or relationships with others people involved within society as well as yourself because it can lead into self-discovery which may be one way we grow more human every day.

So, if you are turning 60, don't give up: remember the best years of your life lie ahead!

By Ted Dunlap, on February 23rd, 2022

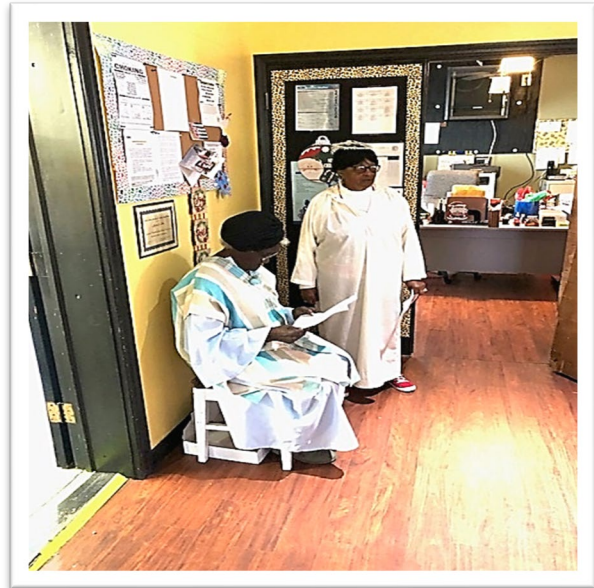


Golden Retreat Activity Center – Blackville

The Center put on a Nativity Play where the Seniors acted as the characters in the Christmas Story. Ms. Alberta Williams was the Production Director.



Alberta Williams Director of Production



**Mae Williams - Mary
Shirley Nix - The Angel**



**Betty Thompson - Elizabeth
Mae Williams - Mary**



**(L-R) Mildred Walker - King,
Vickie Dowling - King, Carrie
Carter - King, Mae Williams -
Mary, Tampa - Joseph, Sandra
Holman - Shepard**

Gail Reyes Senior Center - Barnwell

The Center held its Annual Christmas Ugly Sweater Day on December 16th.



Vorise Peeples



Mary Walker



Fredretha Goode

Generations Unlimited Staff Winter Dinner & Fellowship

Generations Unlimited held its Annual Winter Dinner and Fellowship on December 16th. Everyone enjoyed good food, music and fellowshiping with one another.



Staff Spotlight Mrs. Shala Sanders Burton



Mrs. Shala Sanders Burton, Transportation Manager for the past 6 years at Generations Unlimited knows from experience every aspect of operating a county-wide transportation system. Shala has served in every capacity from Driver to Director of Transportation which has increased her understanding of the importance of the transportation services she leads. In her words, "Here at Generations Unlimited we help the citizens of Barnwell County get to medical appointments, social gatherings, and shopping amongst many other desired outings. We transport anywhere between 150 to 200 clients a day. It is a privilege to work for a company that sees the importance of assisting those in the community; and I am happy that I get to be a part of making a difference. My goal is to help as many people meet their transportation needs as safely and comfortable as I can."

Mrs. Sanders-Burton. Has been employed at Generations Unlimited for 11 years. She is the wife of LeRoy Burton, mother of Destiny, Dynasty, Jameel, and Kaise Ilicks and the daughter of John and Patricia Odom and granddaughter of Jayce Jackson. An alumnus of Barnwell High School, class of 2001 (*Go Warhorses!*), Shala enjoys spending quality time with family because family is important and time is limited.



January

Gail Reyes Senior Center
11403 Ellenton St. Barnwell, SC 29812 803-541-4592

National Creativity Month
Reach Your Potential Month
Thyroid Awareness Month



2023

Coffee Club: 8:30-9:30
Bingo 11:00 Lunch 11:30

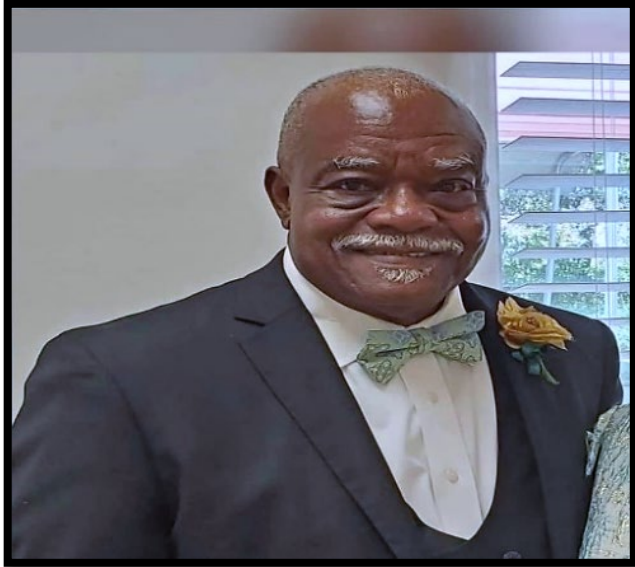
Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED 2	9:30-10:00- New Year's Resolutions 10:00-11:00- Seated Chair Dance Workout 3	9:30-10:00- World Braille Day activity 10:00-11:00- Jeopardy! 4	9:30-10:30- Bible Study 10:30-11:00 Hymns 5	8:30-1:00- AARP Class 6
9:30-10:00- Toss and Talk Ball 10:00-11:00- Jeopardy! 9	9:30-10:00- Relaxation coloring 10:00-11:00- Strength and Balance Exercises 10	9:30-10:30- Painting Canvas 10:30-11:00- Jeopardy! 11	9:00-10:00- Walk with Ease Program 10:30-11:00- Bible Study 12	9:30-10:30 Medicare/Medicaid Analysis- Speaker: Lisa Wood 10:30-11:00- Group Book Reading "The Wallet" 13
CLOSED 16	9:30-10:00- MLK documentary 10:00-11:00- Low Impact Standing Workout 17	9:30-10:00- Beaded bracelets 10:00-11:00- Jeopardy! 18	9:00-10:00- Walk with Ease Program 10:30-11:00- Bible Study 19	9:30-10:00- Word Search/Crossword 10:00-11:00- Group Book Reading "Tattooed Dreams" 20
9:30-10:00- National Pie Day activity 10:00-11:00- Jeopardy! 23	9:30-10:00- National Compliment Day activity 10:00-11:00- Walking Workout/Meditation 24	9:30-10:00- Watercolor Luminaries 10:00-11:00- Jeopardy! 25	9:00-10:00- Walk with Ease Program 10:00-11:00- Bible Study 26	9:30-10:00- Word Search/Crossword 10:00-11:00- Group Book Reading "Popping the Question" 27
9:30-10:00- Relaxation coloring 10:00-11:00- Jeopardy! 30	STARS & STRIPES Field Trip! 31			

Golden Retreat Senior Activity Center 59 Callahan Circle Blackville, SC 29817 803.219.7056

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CENTER CLOSED	3 EXERCISE BINGO	4 CENTER DISCUSSION FOR ANNIVERSARY PARTY 1/18/23	5 EXERCISE BINGO	6 CRAFTING FOR VALENTINE'S DAY	7
8	9 *DANIEL PHARMACY GROUP DISCUSSION	10 EXERCISE BINGO	11 UPCOMING TRIP DISCUSSION GROUP	12 EXERCISE BINGO	13 FOOD BOX DISTRIBUTION	14
15 GOLDEN RETREAT 8 YR ANNIVERSARY EST. 1/15/2015	16 CENTER CLOSED MLK DAY	17 EXERCISE BINGO	18 CENTER ANNIVERSARY 8TH YEAR CELEBRATION	19 EXERCISE BINGO	20 CRAFTING FOR VALENTINE'S DAY	21
22	23 GAMES POSSIBLE MOVIE DAY	24 EXERCISE BINGO	25 GAME DAY	26 EXERCISE BINGO	27 MOVIE DAY MOVIE DAY	28
29	30 EXERCISE BINGO	31 BOWLING TRIP TO AUGUSTA STARS AND STRIKES BOWLING CENTER	*discussion with seniors about valentine's day party and decorations	*		

Pastor's Corner



As we continue in the season of sharing and carrying, let's always remember to exemplify the love of Jesus, serving mankind as Jesus did, going where there was a need and fulfilling that need.

When we look at the mission statement of Generations Unlimited and the many ways it serves its community; Let us also be reminded as citizens of this community of the African Proverb that states, "It takes a village to raise a child". We as a community of believers we can adopt the same principal. God wants us to, as his children joining together for one purpose, and giving of yourself selflessly and not expecting anything in return.

I'm sure as we move into 2023, and if we are honest with ourselves, we all know we have room for improvement. If we can't donate money then maybe we can donate time, if we can't donate time, then maybe we can donate money.

If we can't donate either, donate your prayers, because the prayers of the righteous availed much. And if one or two are gathered in His name, He will be in the midst, Providing Godly ideas and directions for us to follow for a successful outcome. I believe if we all do a little, no one has to do a lot.

When we allow ourselves to be a servant of God and provide a service to those that are less fortunate, then we are allowing others to witness the goodness of Christ through us. We serve Christ by serving others.

Mathew 5:16 states; NIV - *"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

So, as we embark into this New Year, let us serve others selflessly expecting nothing. Knowing Greater is your reward in heaven.

**~ Rev. Dr. Floyd Hughes, Senior ~
Pastor of Macedonia Baptist Church,
Blackville SC**

*In the same way, let your light shine
before others, that they may see your
good deeds and glorify your
Father in heaven. (Matthew 5:16 NIV)*



Word Search

ELVIS PRESLEY



K S P I N O U T U P E L O C
M W C J F L S P E E D W A Y
T I G F X I K M G R O P G C
B I L R D S I G U O U J Y H
Z G T I A A N M I C G V R A
C R N C T M G F T K H Q A R
H A I O H A M B A A N C T R
U C X N V R R Y R B U E I O
R E O C N I K Y N I T L O N
C L N E Z E C O L L S V N S
H A P R I S C I L L A I S O
U N L T L I K K F Y X S M J
T D W S Q D I V O R C E M Z
U W T B R O C K N R O L L A

MGM

Graceland

Concerts

Nixon

Divorce

Spinout

Charro

Rockabilly

Grammy

Tupelo

Church

Guitar

Doughnuts

Rocknroll

Gyrations

Military

Priscilla

King

Elvis

Lisa Marie

Special Thanks to the following for their contributions of shoeboxes for our Annual Santa Shoebox Project for Seniors:

Linda Knapp Law Firm
Deloris Jacobs
Jermaine Stokes
Maxine Brown
Donna Wesby

And All Other Unidentified Contributors!



"Generations Unlimited United & Healthier"

“This newsletter was prepared with financial assistance from the Lower Savannah Council of Governments AAA/ADTRC, South Carolina Lieutenant Governor’s Office on Aging and the U.S. Administration on Aging through the OAA of 1965, as amended.”