



Generations Unlimited NEWSLETTER February 2023

Generations Unlimited 10915 Ellenton St. Barnwell, SC 29812
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"A Seasonal Peek of Upcoming Opportunities"



- Arthritis Exercise
- Tai Chi
- Matter of Balance
- Walk with Ease
- Chronic Disease Self-Management
Better Choices, Better Health
- Cooking Matters

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Director's Desk



We're Cooking Up Community to Cultivate a BELOVED Community with our Seasoned Seniors! In the midst of current celebrations, happenings and research, I am in tune with the messages and actions of many networks that affect our community, in particularly as it relates to our "Seasoned Seniors". We celebrated the 8th Anniversary of the Senior Center being in service at the Golden Retreat Activity Center in Blackville this past month. The member beneficiaries of the services outlined the celebration in their own fashion... honoring the work and legacy of Dr. Martin Luther King, Jr, memorializing their deceased fellows, reminiscing of the beginning while yet enjoying the progress and plans for the future.

Reflecting as the gathered group sang "Keep the Dream Alive" reminded me that it was Dr. King's work that established the focus of a Beloved Community. And so, it is that which I experience at each visit I make to the Center...watching how each of the members engage with one another, sharing of their special talents enjoying each other and visitors selflessly.

And, listening to remarks by representatives of the key partners and stakeholders in attendance, we know we have a Beloved Community, caring for our Seasoned Seniors along with their issues and concerns. Regardless that research reflect ageism as being a great challenge. We as a community are meeting that challenge with open hearts and action. Special thanks to our guest speaker Mrs. Judith Richburg, ADTRC Administrator/AAA Director with Lower Savannah Council of Governments, Mr. David Corder on behalf of Superintendent Marcella Shaw representing the Barnwell County Consolidated School District, Ms. Gwendolyn Littlejohn, Blackville Downtown Development Association and Mayor Ronnie Pernel along with the other special guest visitors in attendance.

Our Seasoned Seniors are Cooking up our Community..they are recruiting and engaging more seniors and educating on what matters and affects them; providing programs and services they get to benefit from, talking and sharing with community and policy leaders, forming and strengthening partnerships, as they share a voice of volunteerism, and uplift each other. They are being the community agents of change. And as they do, it inspires me to allow their voices to be heard, to support the respect and dignity they deserve in serving them.

Together, we are on a mission to expand our Beloved Community in service. We urge each of you, younger and or older than 60, to join us on this mission, to give and receive the service of love in experience. Each, and all of us have value and something of worth to share. The National Senior Nutrition Program's theme this year is "Cooking Up Community" and will be celebrated throughout the month of March. We urge each of you to join in this effort for a more united, healthier community.

Ethel T. Faust

Cooking Up to Cultivate a BELOVED





FEBRUARY IS



AMERICAN HEART MONTH



Jennifer D. Rahn, M.D.
Low Country Health Care System

Cardiovascular disease is one of the leading causes of death in the United States and although many factors that contribute to heart disease such as age or family history are unable to be changed, there are many things that you can do to lower your risk and maintain good heart health. In my own personal practice, there are a few things that I recommend for my patients and I will try to summarize them as best as possible below.

One of the most important things you can do is follow regularly with your primary care provider and/or cardiologist for routine health screenings such as blood pressure checks, cholesterol lab work, and diabetes screening. Your provider should be able to tell you how frequently to get each of these screenings as the starting age for screening and frequency of screening varies based on your personal risk factors. If you have been diagnosed with a medical condition such as high blood pressure, high cholesterol, or diabetes, it is very important that you take your medications and follow any recommendations such as diet, exercise, or lifestyle changes that your provider advises since each of these conditions ultimately can

cause damage to the heart vessels and contribute to the development of heart disease.

It is also recommended that you maintain a healthy diet and get adequate exercise to preserve good cardiovascular health. A heart healthy diet is considered one that is rich in lean proteins, whole grains, fruits, and vegetables, and is low in fatty, greasy, and sugary foods. It's also important to remember there are some healthy fats such as avocados, nut butters, and olive oils which are good to incorporate into your diet. For exercise, it is recommended that you get 30 minutes of moderate activity such as brisk walking at least 5 days a week for a minimum of 150 minutes of moderate exercise/activity per week. Even if you are unable to do that much exercise due to other restrictions such as joint pain, please know that any amount of physical activity—even things like sweeping, gardening, walking your dog, or doing chair exercises—counts toward your goal and is better than doing nothing at all. The most important thing is just to get moving! Diet and exercise will also help you to reach and maintain a healthy weight which is very important for your heart health. It is recommended that you maintain a body mass index (BMI) of less than 25 in order to lower your risk of heart disease and associated co-morbidities.

Avoiding the use of tobacco and nicotine products such as cigarettes, cigars, smokeless tobacco, and vape is yet another important element when it comes to maintaining good heart health. Tobacco can cause damage to the heart and blood vessels making it harder for the heart to supply oxygen to your major organs. This effect is not only for people who smoke but also for those who are exposed to secondhand smoke, so avoidance of exposure is just as important as avoiding using the products yourself. The good thing about this is that stopping the use of tobacco is one of the few instances where you can receive instant gratification as the risk of heart disease becomes lower within the first day after quitting tobacco use, and drops by 50% after just one year without smoking.

Lastly, getting adequate sleep and maintaining stress levels can make a huge difference in terms of your heart health. Inadequate sleep can increase your risk of obesity, high blood pressure, diabetes, and heart disease, so it is very important to get at least 7-8 hours of sleep per night. If you are getting an adequate amount of sleep but still feel unrested when you wake up, you should speak to your primary care provider about being evaluated for obstructive sleep apnea, a condition which causes you to stop breathing for short periods at night and can ultimately increase your risk of heart disease.

If you can strive to meet these goals, you will significantly decrease your risk of heart disease and its associated co-morbidities. If you are struggling in any of these areas, such as quitting tobacco use, maintaining an adequate level of physical activity, taking meds as prescribed, or managing stress levels, please reach out to your primary care provider and ask for help. It could very possibly save your life!

Jennifer D. Rahn, M.D.
Chief Medical Officer
Low Country Health Care System

The Golden Retreat Activity Center – Blackville

“Celebrating 8 Years of Service to Community”

The Center celebrated eight years of serving “Seasoned Seniors” on the morning of January 18th. Seniors enjoyed food, fellowship, honoring Dr. Martin Luther King Jr., guest speakers and activities during the anniversary celebration.

Judith “Judy” Richburg the new ADTRC Administrator/AAA Director for the Lower Savannah Council of Governments shared the following message during the Anniversary Program:

“The theme for this year is Cooking UP Community. Let’s talk about community and how, together, we can build community! Over our lifetime there are many ways that we experience community. Would you take a moment to think of two ways that you have experienced community in the past?”

“One way I have experienced building community and perhaps you have experienced this when you attended church, the minister asks everyone to turn to your neighbor on the right and tell them, “I am so glad you are here!” We are so glad you are here at the Senior Center. This is how we grow community. Let us affirm each other and speak up about how the needs can be met. We can invite others to participate. The invitation could be the best thing to happen for us and the senior center. Bring somebody with you the next time you come! I will! Share ideas of how we can work together, to build community. Let’s help one and other. Martin Luther King Day is a day to reflect on the progress that’s already been made, and the progress that is currently in the works. It’s vital to remember his legacy and continue his fight, we all have a role to play. Let me ask you one more time to think of ways that you have experienced community in the past?”

“Until next time, Golden Retreat Activity Senior Center, friends, and family, thank you for inviting me to your 8th Anniversary celebration. Happy anniversary!”

Judy Richburg, MPA
ADTRC Administrator/ AAA Director
Lower Savannah Council of Governments



Judith Richburg, MPA
ADTRC Administrator/AAA Director
LSCOG



Seniors enjoying activities at the 8th Annual Anniversary of the Golden Retreat Activity Center in Blackville (L-R) Carriella Carter & Willie Mae Thomas



(L-R) Judith Richburg-AAA Director, Janice Birt-Nutrition Site Assistant, Destiny Hicks-Nutrition Site Assistant and Mary Stroman – Director of Aging

Golden Retreat Activity Center Celebrates Kwanzaa

Kwanzaa is a time for families and communities to come together to remember the past and to celebrate African American culture. Created in 1966 by Maulana Ron Karenga, Kwanzaa is an African American and Pan-African holiday that celebrates history, values, family, community and culture.



Wallace "Tampa" Taylor



Shirley Nix



Catherine Mack



Gloria Washington

"A Seasoned Senior" Spotlight

Mrs. Alberta Williams - The Golden Retreat's Golden Girl

Mrs. Alberta Williams can be seen at the Golden Retreat Activity Center any morning of the week. She's not just sitting waiting to be served; she's engaged, preparing activities and programs relevant to the whole senior for health, wellness or even cultural awareness. As one of the regulars at the Center, Mrs. Alberta has provided many hours of service delivering activities for the annual Christmas Plays, Kwanzaa, and Black History along with arts and crafts, macramé, mud rug quilts, and banners. She most recently led book readings and discussions of *The Secret of Hattie Brown and Destiny's Safari* as well as the Center's vegetable garden. In addition to donating her much valuable time, she provides the supplies and materials for the events at no cost to the agency.

Mrs. Alberta, is a New York City High School music and art major, earned a business administration degree, worked on a master's degree in theology prior to moving to South Carolina and is currently a documentarian in the Folklife Field School at the University of South Carolina.

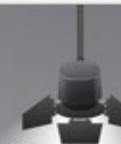
Mrs. Alberta's work experiences have been with Summer Youths, Social Services, and religious education at a variety of organizations. She has served in the capacity of assistant teacher, teacher, telephone operator, clerk and choir director. Ms. Rhoda Washington, site coordinator, shares that she is blessed to be among such wonderful people like Mrs. Alberta.



Staff Spotlight: Mrs. Mary Stroman & Ms. Beatrice Williams



Mrs. Mary Stroman, Director of Senior Services has been serving our seniors since December 2010. Mary started as a Diver in the Transportation Department and matriculated to vehicle maintenance, Medical billing and transportations assistant over two years. Next Ms. Stroman transitioned to serve as the Nutrition Site Assistant at the Senior Center where she was responsible for nutritional meal planning, senior activities, meal delivery assistance and the operation of the physical fitness program at the seniors' gym. Mary's continuity in service led her to the position she now holds. Mary is the wife of Mitchell Stroman and proud mother of 5 and grandmother of 10. Mary's spare time is spent in her love for reading, listening to music, watching HGTV, cooking shows and life time movies. In her words, most of all, *"I love watching my grandchildren playing sports."*



Ms. Beatrice Williams, one of our most seasoned and dedicated drivers at Local Motion has been with the agency for nearly twelve years. Bea shares that, *"I like driving and meeting people; and I have met a lot of people and seen a lot of changes. I have been to places that I did not know existed."* Having dedicated employees like Bea is what keeps the vehicles rolling and services being provided to the citizens of Barnwell County. Bea further shares that *"I like spending time with friends and going to movies when not working."*

Good connections and social support can improve health and increase longevity. Many people enjoy family gatherings, getting together with friends, and participating in special religious, community, and workplace activities. Such occasions are an opportunity to check in with each other, exchange ideas, and perhaps lend some social support to each other.

Social connections like these not only give us pleasure, they also influence our long-term health in ways every bit as powerful as adequate sleep, a good diet, and not smoking. Dozens of studies have shown that people who have social support from family, friends, and their community are happier, have fewer health problems and live longer.. Reference: www.health.harvard.edu/staying-healthy/the-health-benefits-of-strong-relationships

We encourage you, to get on board with Local Motion, and let Bea drive you to your special outing, and just enjoy a conversation with her.



February

Black History Month
American Heart Month
Bird Feeding Month

Gail Reyes Senior Center
11403 Ellenton St Barnwell, SC



2023

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

**HAPPY
HAPPY
BIRTHDAY**

Birthdays this month:
2/1- Earline Brown
2/14- Marilyn James
2/24- Fredretha Goode



2/17- Golden Harvest Food boxes

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30-10:00- Chair Exercise- Line Music Edition 10:00-11:00- Jeopardy!	2 9:00-10:00- Walk with Ease Class 10:00-11:00- Groundhog Day activity- Make "Dirt Pies"	3 WEAR RED DAY 9:30-10:30- Short Movie 10:30-11:00- Group Book Reading "To Begin Again"
6 9:30-10:00- Pay A Compliment Day- Gift Exchange 10:00-11:00- Jeopardy!	7 9:30-10:30- Send a Card to Friend Day- Make Cards 10:30-11:00- Chair Exercise- Hispanic Music Edition	8 9:30-10:00- Corn Hole Toss 10:00-11:00- Jeopardy!	9 9:00-10:00- Walk with Ease Class 10:00-11:00- PIZZA PARTY	10 WEAR NFL TEAM JERSEY OR COLORS 9:30-11:00- Super Bowl Party
13 9:30-10:00- Nutritional Ed- "Eat Smart, Live Strong" 10:00-11:00- Jeopardy!	14 9:30-10:30- Valentine's Day- Make Valentine Wall Art Décor 10:30-11:00- Chair Exercise- Gospel Music Edition	15 9:30-10:00- Susan B. Anthony Biography Video 10:00-11:00- Jeopardy!	16 9:00-10:00- Walk with Ease Class 10:00-11:00- Innovation Day- Innovation Exercise "Card-ig"	17 9:30-10:00- Random Acts of Kindness Day- Wine & Cheese 10:00-11:00- Relaxation Coloring/ Book Reading "A Perfect Match"
20 CLOSED	21 9:30-11:00- Black History Month Program	22 9:30-10:00- George Washington Biography Video 10:00-11:00- Jeopardy!	23 9:00-10:00- Walk with Ease 10:00-11:00- Bible Study & Hymns	24 9:30-10:30- National Dance Day- Line Dancing/Karaoke 10:30-11:00- Group Book Reading "The Last Quarter"
27 9:30-10:00- Corn Hole Toss 10:00-11:00- Jeopardy!	28 9:30-10:30- Poems 10:30-11:00- Chair Exercise- Motown Hits Edition		FUN!	

*Calendar is subject to change

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

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CLEMSON COOKING CLASS	2 EXERCISE BINGO	3	4
5	6 DANIEL PHARMACY	7 RHODA B-DAY EXERCISE BINGO DOCUMENTARY WATCH PARTY	8 CLEMSON COOKING CLASS	9 EXERCISE BINGO	10	11
12	13 BLACK HISTORY DOCUMENTARY WATCH PARTY	14 VALENTINE'S DAY EXERCISE BINGO	15 CLEMSON COOKING CLASS	16 EXERCISE BINGO	17 FOOD BOX DISTRIBUTUON	18
19	20 PRESIDENT'S DAY	21 FAT TUESDAY 2ND LINE MARDI GRAS PARADE AND KING CAKE PARTY	22 ASH WEDNESDAY CLEMSON COOKING CLASS **KIM JACKSON VISIT TODAY** (LENT)	23 EXERCISE BINGO	24	25
26	27	28 EXERCISE BINGO		Black History Month		

Pastor's Corner



The words of the Prophet Isaiah to the people of Israel reassured them that Yahweh (God) would always be with them – providing for their needs. Isaiah 46:4 states, "And I will still be carrying you when you are old. Your hair will turn gray, and I will still carry you. I made you, and I will carry you to safety."

God cares about the senior population so much that he has made precious promises that ensure the well-being of all. The channel that God often uses to fulfill his promises is his people. Those whom his spirit takes residence. Generation Unlimited depends upon individuals who have God's spirit to consider the assignment of caring for seniors. Generation Unlimited relies on volunteers and donations to help support the programs and services provided. Through caring hearts filled with God's Spirit, seniors can receive meals that give proper nutrients for a healthy diet.

In addition, Generation Unlimited is dedicated to enriching and improving the quality of life for seniors. What an incredible task and ministry that we all can give ourselves to. Through our resources, energy, and time, we can transform lives and tangibly show the love of God. Charity is a virtue of God's spirit. To display and give charity will let the world's seniors know that we are God's followers.

In 2023, let us show that God's spirit lives in us by donating to Generations Unlimited. God cares for seniors, and so should we. Let us not grow weary in well doing. We shall reap the benefits of our care and charity if we do not faint.

Rev. C. Allen Moses

Rev. C. Allen Moses

Mount Zion Baptist Church

"And I will still be carrying you when you are old. Your hair will turn gray, and I will still carry you. I made you, and I will carry you to safety." ~ Isaiah 46:4



February Word Search

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

ROSE
 HEART
 SHADOW
 PINK
 GROUNDHOG
 FOOTBALL
 BLACK HISTORY
 LOVE
 CHINESE NEW YEAR
 CUPID
 WINTER
 RED
 SUPERBOWL
 VALENTINE

“Community Outreach & Goals”

- “G60” – Enrolling “60” Seasonal Seniors at each center
 - Increasing our Driver Pool
- Increasing Volunteer Pool for Board & Committee members
 - Guest Speakers
 - Special Workshops
- Featured Arts & Craft Presentations



“Generations Unlimited United & Healthier”

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