



Generations Unlimited NEWSLETTER March 2023

Generations Unlimited 10915 Ellenton St. Barnwell, SC 29812
Phone: (803) 541-1249 Fax: (803) 541-1248

UPCOMING OPPORTUNITIES

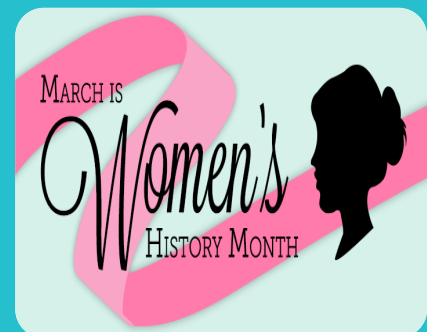


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|---|-------------|
| MISSIONARIES OUTREACH | MARCH 5 |
| TRANSIT APPRECIATION | MARCH 12-18 |
| FIRST RESPONDER COMMUNITY WORSHIP
Barnwell County Sheriff's Dept. | MARCH 19 |
| GAIL REYES SENIOR CENTER ANNIVERSARY
**Save the Date! Surprise Guest! ** | MARCH 23 |
| BLESSING OF THE CROPS
Southern Palmetto Chamber | MARCH 23 |

ALSO SEE OUR CALENDAR SCHEDULES INSIDE

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Director's Desk



What's cooking in March at Generations Unlimited? We are appreciating our Transportation Team. Our team provides an essential service throughout the community ensuring that individuals are able to travel safely to their medical appointments, get to work timely, do their essential shopping and enjoy recreational activities. Our team of drivers are highly qualified, certified and safe caring drivers. They are the dedicated strength of our operation who gives and have given of themselves, especially in the existence of COVID-19.

Therefore, we do encourage all of Barnwell County to extend an added kind act of appreciation to them throughout the month of March. Whether, you honk your horn, give a thumbs up gesture, write a note of thanks or share a small token, I can assure you it will surely send a message of fulfillment and be received with a smile, almost like food does for the soul. We know that Local Motion is a necessity and life-saving service to many... we as a community ought to return a special act in appreciation.

Our purpose at Generations Unlimited is to support our senior population, low income and disabled with independent living of a healthy lifestyle. Participation in such an activity like this gives mutual benefit. It helps to encourage a sense of trust, community, meaning, purpose, belonging, closeness, and intimacy. — all of which have been linked to things like increased happiness, decreased depression, and greater/more positive overall wellbeing which are truly signs of a Beloved Community.

Barnwell County, we further encourage each of you to help us to continue to help you. Our goals include enhancing and expanding our transportation services to improve riders' experience. You too can join our team as a driver, volunteer or to just share your special interest, talent or skill to make a meaningful difference throughout our community assisting our program participants. Let's keep cooking...

Ethel T. Faust

Cooking Up to Cultivate a BELOVED



Generations Unlimited Transportation Staff



Allen Pearlstine
Driver



Brown, Murray
Driver



Coach, Calvin
Driver



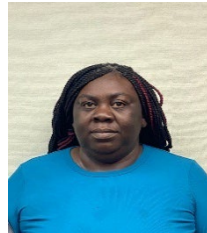
Coleman, Sammie
Driver



Corley, Betty
Driver



Dunbar, India
Transportation
Assistant



Gainey, Tina
Driver



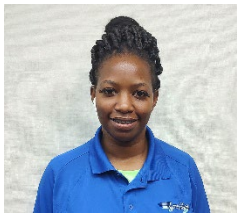
Gantt, Deborah
Receptionist



Gardner, John
Driver



Jenkins, Tracy
Driver



Jones, Latoya
Driver



Jones, Margaret
Driver



Miller, Bobby
Driver



Mitchell, Joseph
Driver



Moore, Jermaine
Transportation
Assistant



Odom, James
Driver



Pernell, Marvin
Driver



Plunkett, Jeffery
Driver



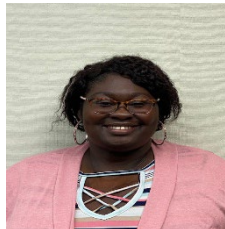
Williams, Beatrice
Driver



Williams, Nathan
Driver



Zissett, Timothy
Vehicle
Maintenance



Burton – Sanders,
Shala
Director of
Transportation



Heillault, Rene -
Driver



Celebrate Transit Employee Appreciation Week

“Be entered for a chance to WIN a Gift Card or Free Fares for a Week”

Best Ways to Say Thanks During Transit Employee Appreciation Week
Participate for a chance to Win a gift Card or FREE Fares for a week by sharing your appreciation. Deadline is 11:59 p.m. on Saturday, March 18th

Do your part in spreading the message about Transit Employee Appreciation Week! Share this post on Social Media to let all your friends and family know! You can post a Selfie with your favorite driver or administrative employee, then post it to Facebook using the hashtag, [#thanksllocalmotion](#) You'll be entered to WIN a gift card or Free Fares for a week! So, join the rest of the country and be a part of saying THANKS!

In the rain or the heat of summer, early in the morning or well after dark, and in the midst of unruly traffic and construction zones, our bus drivers work hard for you and your fellow passengers. But their job isn't just arrivals and departures. They also are trained to make sure that everyone stays safe on board. Support staff is also there behind the scenes. Don't forget our office transportation assistants, schedulers, dispatchers, maintenance, and administrative staff as well! They all work as a team to serve you!

In the hustle and bustle of getting where you need to go, it can be easy to take for granted the person getting you there. But this month provides a great opportunity to let them know how much you value their work! During the week of March 12th – March 18th, we're celebrating Transit Employee Appreciation with people from across the country to commend our nation's hard-working bus drivers!

Take an extra moment on our bus to express your gratitude! Need some ideas? Here's our top list of ways to brighten your driver's day:

SHOUT IT TO THE WORLD

Spread the message about Transit Employee Appreciation Day! Share a post on Facebook. Take a selfie with your favorite driver or administrative employee, then post it to social media using the official hashtag, [#thanksllocalmotion](#)

SAY THANK YOU

A simple "Thanks!" goes a long way, but folks love to hear how their efforts directly impact you. Let them know how you feel when you exit the bus.

WRITE A CARD

Whether you buy a greeting card or make one on your own, you can show how much you appreciate everything they do for you by giving them words that last longer than a moment.

GIVE A GIFT

If you have time, a small token of your gratitude is something your driver remembers for a long time to come. It can be as simple as a small treat!

BRAG ON THEM

Call the office and tell us which drivers do an excellent job. Make them rock stars back at the office when their supervisor lets them know about the call!



Stars & Strikes Bowling Trip

"Great is the human who has not lost his childlike heart." ~Mencius

The Seniors at both the Gail Reyes Senior Center and the Golden Retreat Activity Center enjoyed a Bowling trip to Augusta, GA on January 30th.



Mary Hammonds, Shirley Nix, Gloria Washington, Alberta Williams



Alberta Williams



Annie Williams & Mary Walker



Bobbie Jean Washington, Josie Barker, Viola Williams



~ BARNWELL COUNTY MISSIONARIES ~

Did you know that the First Missionaries is an annual celebration, March 5?

As such we would like to both recognize the work of local missionaries and extend an opportunity for your service. We invite all missionaries to visit our

Senior Centers and engage with our "Seasoned Seniors", young and older beginning at age 60.

We encourage missionaries to share your various skills and talents as you outreach into the community, become familiar with our programs and services, our attendees and the needs of the Centers. Enjoy a (*no cost*) delicious LUNCH with conversations while you visit. Some activities offered include social and recreational programs, arts and crafts, music activities, wellness seminars, nutrition training and health screenings. Our fitness classes include evidenced based exercise programs such as:

Walk with Ease
Arthritis Exercise
A Matter of Balance

Tai Chi for Seniors
Cooking Matters
Better Choices Better Health



Laptop computers and Wi-Fi are available for use as well as (*no cost*) TRANSPORTATION

We encourage groups and individual visits. Please contact the center of your choice today. The *Gail Reyes Senior Center* is located at *11403 Ellenton Street, Barnwell* – (803) 259-4292, the *Golden Retreat Senior Center* is at *59 Callahan Circle, Blackville* – (803) 219-7056 or you may call our main office at (803) 541-1249. Email us @ marys@generationsunlimited.org, blackville@generationsunlimited.org, and follow us on Facebook.



Staff Spotlight: Hillery Hutto & India Dunbar



Hillery Hutto – Office Manager

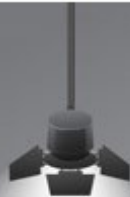
My admiration for Seniors started in my youth. When I was a child my parents took me to visit my grandmother in a nursing home. While visiting that week, my parents could never find me because I was going from room to room visiting and getting to know all my new friends there.

I started working with Seniors in the nursing home setting after High School as a Certified Nursing Assistant and then on an Administrative level at the nursing home. It was in this setting that my passion for serving Seniors continued to grow.

I have been working at Generations Unlimited for 13 years. During those 13 years I have worn many different hats including HR, Client assessments, Aging Services, Federal and State Billing & Reporting, Fitness Center Management, Procurement, Assisting Transportation, Benefits Administration and Interim Executive Director. We have a great team at Generations Unlimited. Our staff are multi-talented, devoted, creative thinkers with proven resilience. During the Pandemic, we rallied together as a team to make sure that we continued to provide services to our county's most vulnerable citizens. While the world was shutting down around us, our seniors and other vulnerable clients still received their vital services such as food and transportation. Again, during the transition of governance, we continued to work together as a unit to keep our services going without disruption. Through all the changes we have kept operating and working together with the County's support. I look forward to continuing to serve the generation who sacrificed and served me first. I am excited about Generations Unlimited's future and look forward to supporting our new Executive Director's vision for our agency as we move into 2023.

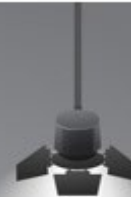


I have two children, a son who is a Microbiologist employed with a Pharmaceutical company and a daughter who attends school as a Junior at Jefferson Davis Academy in Blackville.



India Dunbar, one of the agency's transportation assistants is a part-time administrative support to the department. In order for Local Motion to safely and efficiently provide direct services to our riders, it is the functions of scheduling and dispatching drivers using telephones, two-way radios or text messages in communication, routing vehicles and or equipment to appropriate locations according to predetermined schedules, handling customer requests or immediate needs, and relaying pertinent information such as work schedules or other messages to and from drivers while aiding supervisors and or emergency personnel, which make for a pleasant experience.

Ms. Dunbar has been employed with Generations Unlimited for 3 years. She shares that *"I enjoy working with the driver's assisting them daily with their routes and helping clients with their trips. I look forward to many new things to come as we continue to grow as a team."*



We encourage Barnwell County citizens to experience our transportation services. India is ready and waiting to assist you.

March

Gail Reyes Senior Center
11403 Ellenton St. Barnwell, SC
803-259-4592

National Women's History Month
National Craft Month
National Nutrition Month





2023

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

Birthdays this Month:
3/2- Mary Stroman



3/17 Golden Harvest Food Box

Monday	Tuesday	Wednesday	Thursday	Friday
Senior of the Month: Josie Barker 		9:30-10:00- Nutritional Ed- "Eat Better, Move More!" 10:00- 11:00- Jeopardy!	9:00-10:00- Walk with Ease Class 10:00-11:00- Bible Study & Hymns	9:30-10:30- Family Feud Game 10:30-11:00- Book Reading "A Thousand Ways"
9:30-10:00- National Dentist Day- Dental Hygiene 10:00-11:00- Jeopardy!	9:00-11:00- Matter of Balance Class- Session 1	9:30-11:00- International Women's Day Program 	9:00-10:00- Cooking Matters Class 10:00-11:00- Family Feud Game	9:30-10:00- Harriet Tubman Day Documentary 10:00-11:00- Jeopardy!
9:00-11:00- Matter of Balance Class- Session 2	9:30-10:30- "National Write Your Story Day" Activity 10:30-11:00- Share Stories	9:00-11:00- Matter of Balance Class- Session 3	9:00-10:00- Cooking Matters Class 10:00-11:00- Jeopardy!	St. Patrick's Day- WEAR GREEN 9:30-10:30- Make Paper Shamrocks 10:30-11:00- Book Reading "Ben and Virginia"
9:30-11:00- Make Spring Wreaths 	9:30-10:15- National Crunchy Taco Day- Make Tacos! 10:15-11:00- Chair Exercise- Michael Jackson Edition	9:30-10:00- World Water Day- Water Conservation Video & Handout 10:00-11:00- Jeopardy!	9:00-11:00- Senior Center 23 rd Anniversary Celebration <i>Happy Anniversary!</i>	9:30-10:00- Word search/Crossword 10:00-11:00- Card Games
9:30-10:15- Relaxation Coloring 10:15-11:00- Name That Tune Game	9:00-11:00- Matter of Balance Class- Session 4	9:30-10:30- Family Feud Game 10:30-11:00- Book Reading "	9:00-10:00- Cooking Matters Class 10:00-11:00- Bible Study & Hymns	Field Trip to the Movies! 

*calendar is subject to change

March

Golden Retreat Senior Activity Center
59 Callahan Circle Blackville, SC 29817
803-219-7056










Women's History Month

2023

Feb 17th- Food Distribution
Coffee & Snacks 8:30-9:00 Daily
Lunch 11:30 Daily

Book of the Month: "Becoming" by Michelle Obama

Monday	Tuesday	Wednesday	Thursday	Friday
		9:00-11:00- Clemson Cooking Class	9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Book Reading	9:00-11:00- CRAFT/MOVIE DAY
9:00-11:00- Daniel's Pharmacy Group Discussion	9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Corn Hole	9:00-11:00- Clemson Cooking Class	9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Book Reading	9:00-11:00- CRAFT/MOVIE DAY
9:00-11:00- Dance-A-Thon ft. Music from 50's & 60's	9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Corn Hole	9:00-11:00- Clemson Cooking Class	9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Book Reading	St. Patrick's Day Party!!! WEAR GREEN HAPPY ST. PATRICK'S DAY
9:00-11:00- Preparation for Gardening	9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Corn Hole	9:00-11:00- Vase Ceremony for Women's Day Celebration	9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Book Reading	9:00-11:00- CRAFT/MOVIE DAY
9:00-11:00- Preparation for Gardening	9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Corn Hole	Card Games & Music	9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Book Reading	Ms. Alberta's Birthday Celebration
				

Pastor's Corner



Ronald Jay Franklin

In 1974, Generations Unlimited was established and I was born. There have been a lot of changes that have taken place in the world since that time. If I had to guess, most of you have seen and experienced even greater changes than I have in my lifetime. From politics to education; military conflicts to social reform; clothing styles and what constitutes music; we might think we have seen and heard it all.

While life changes all the time, there are some constants which remain. In the beginning, God created the heavens and the earth. He created all that is within the world. He created you and me. He continues to raise up men and women to be his hands, feet, and mouthpiece to the world, in order that His goodness and will might be accomplished. God still cares for all

his people, desiring that none should perish outside of a relationship of faith.

As we grow older, some are tempted to give up the hope of being useful in various regards of life. In those times, we need to look to the words of *Psalm 71*. In typical form, the Psalm begins by focusing on the immediate circumstances of life. Verses 4 and 5 ask God to give protection from the wicked, those who would seek to do harm. There is a declaration that God has been the author's hope, his trusted refuge in times of trouble since his youth (before he was born). Verse 9 asks God not to cast off His presence in the author's old age. But then look at the words of:

Psalm 71:18, "So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come." (ESV)

Today, as much as in ancient times, we need men and women in their old age to rise up with the love and truth of God to minister to one another and to the younger generations. Through times of delivering Meals on Wheels my thoughts were, "let me help another generation for you Lord!" I did more than deliver meals. I delivered a word of cheer, of hope, and at times prayers with those I served.

Today, each of us can choose to use every day to be a witness to the love and faithfulness of God. Today, we each can serve through: a word of encouragement to those who are down and out, a simple touch on the shoulder that shows you care, or a smile that says, "you are not alone in this world!" Consider that while there is still breath in your lungs, you can serve, volunteer, and make a difference in someone's life today.

Ronald Jay Franklin

Mt Lebanon Christian Church



Word Search



INTERNATIONAL WOMEN'S DAY

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

Feminism
Advocate
Reform
Positive
Gender

Influence
Suffrage
Liberation
Social
Valued

Activist
Equality
Support
Rights
Reflect

Brave
Celebrate
Society
Courage
Action

“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”

“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.”