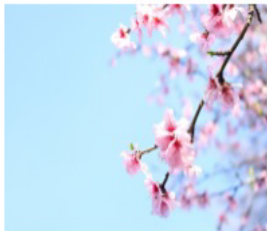




# Generations Unlimited NEWSLETTER April 2023

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

## UPCOMING OPPORTUNITIES



To say thank you, and to be informed and engaged

First, to the publisher and owner of the People Sentinel, and his entire team of staff, a Great Big THANKS for your dedication to capturing, telling and sharing the happenings in and around Barnwell County. The coverage The People Sentinel has provided to the family of Generations Unlimited recently has been outstanding, which is a complement to the team receiving the recent awards as they did.

And for their calendar of events that we adapt herein as a *reminder* to our community of family.

We encourage each of you to experience various community activities.

Golden Harvest Food Pantry @ Gateway Church 2<sup>nd</sup> & 4<sup>th</sup> Fridays

Low Country Healthcare System FREE Healthy Lifestyle Line Dancing  
Mondays & Wednesdays Contact Angela Youmans (803) 632-2533

FFA @ Barnwell County Career Center Spring Plant Pre-Sale March  
29-30 & Sale begins April 11

Community Outreach Resource Day/Barnwell County Sheriff's Office  
@ Barnwell County Airport April 15, 10 – 1 pm

ALSO SEE OUR CALENDAR SCHEDULES INSIDE

## IN THIS ISSUE

Director's Desk.....	2
Directors Connect .....	3
Peggy Kirkland Service Day.....	4
Clemson Rural Health.....	5
Gail Reyes Center Anniversary.....	6-7
Staff Spotlight.....	8
April Calendars.....	9
Pastor's Corner.....	10
Easter Crossword.....	11
National Volunteer Recognition Month .....	12



# Director's Desk



Spring brings on change... such as Day Light Savings Time. Likewise, I encourage everyone, particularly of the Senior age, to consider your daily life goals and your progress in living the healthy active life that is so pleasing to the body, mind and spirit. We at Generations Unlimited are here to support you, so spring forward and keep stepping for your physical, mental and social health and fitness. Participating in our evidenced based programs, recreational activities and healthy dining can give you the freedom to relax, breathe easy and enjoy the things you like doing most. Whether it's sharing your lived experiences, listening to others lived experiences, leading an activity, gaining educational information, or just keeping up with community happenings—we have a place for you.

And as the winter passes on, there's so much for "Seasoned Seniors" to celebrate and appreciate during April as we spring forward: It's Move More Month, Multi-cultural Communication Month, National African American Women's Fitness Month, National & Minority Health Month, National Food & Food Health Awareness Month, Volunteer Week and Month & Recognition Day, Step Into the Spotlight Day (volunteer), Physical Awareness Month, National Public Health Week, National Exercise Day, World Women's Wellness Day, Stress Awareness Day, Community Garden Day & Week, Bee Active-Bee Healthy-Bee Happy Day, World Health Day, and Dance Week. All of these present great opportunities to relate and focus on your health and wellness.

Someone once said, *"Take the first step in faith. You don't have to see the whole staircase, just take the first step."* The meaning in the quote is to encourage, that through the challenges in life matters, we should not lose hope, but be adventurous and move forward in our endeavors with faith for success. With the refreshing of Spring, we're looking forward to more of our "Seasoned Seniors" to join us either in dining at one of our centers, enjoying our Meals on Wheels lunches and or riding our transportation van. Our elected community representatives have cared enough about each of you and have provided these programs and services for your benefit. Please enjoy them and show your appreciation for their investments. Because we are here to serve you, we want to also hear from you about the things that affect your daily living for health and wellness—such as health screenings, financial and personal counseling, wills and tax preparation, legal and other human support services. Call us, tell us what else you like doing.

*Ethel T. Faust*

Cooking Up to Cultivate a BELOVED



### ***New GU director ready to help “seasoned seniors”***

As the new executive director of Generations Unlimited (GU), Ethel Faust is revisioning what it means to be a ‘seasoned senior’ and hopes to unite the community regardless of age through reenergized programming and services.

“My passion is looking at the opportunity we have to support our seniors in our community and making sure we provide care for them because that is what they have done for us,” said Faust.

“As the name says, Generations Unlimited, of course our primary focus is our seniors, but how can we have seniors with the younger generation. So we are looking at really making sure that all generations are interconnected with our services,” said Faust.

Faust hopes to bring creative programming and a reinvigorated sense of what it means to turn 60– the minimum age of enrollment at GU’s Gail Reyes Senior Center in Barnwell and the Golden Retreat Activity Center in Blackville.

“There are many things that I am so looking forward to expanding the reach of Generations Unlimited,” said Faust.

She plans to work toward sustaining the organization financially, increasing efficiency in programming and Local Motion services, gaining more volunteers, and expanding services for seniors in Williston, which lacks a senior center.

“Local Motion is where I am really learning and growing to see how we can direct it for more efficiency in the program operation,” said Faust.

Local Motion is public transportation and not taxi-type transit, according to Faust, who notes the struggles GU has had in finding drivers.

“We know that we have issues as far as the pay,” said Faust on the search for drivers.

“I’ve done some research, and we are right in line with what is being paid across our region as for the Federal Transportation Association.”

Local Motion has a fleet size of 15 which serves their current needs, according to Faust.

“We just need to be creative in how we are doing the services and how we are meeting the need, because the need is here not just for our seniors,” said Faust on Local Motion as it is used by all aged members of the community.

Faust recognizes the upheaval GU went through in March 2022 before her arrival, and hopes to be a part of rejoining the agency with the community.

In March of last year, Barnwell County Council assumed governance of the GU board and fired the executive director through a unanimous vote due to financial concerns and irreconcilable differences.

*The People-Sentinel* writes in a March 2022 article, “The “differences” cited by [county councilman Freddie] Houston revolve around the finances of GU, particularly related to the operation of its Local Motion public transportation program.”

“As executive director, my main and most important task is to be effective in carrying out the guidance and direction of the agency’s administrative board, which is currently the Barnwell County Council, to ensure that we are effectively implementing policies and procedures in the most cost effective manner in servicing the daily operations of the county’s transportation and senior services in accordance with established budgetary processes,” said Faust.

GU does not currently have an administrative board and is still under the direction of county council. According to Faust, names of recommended individuals to serve on the board have been sent to the council for review.

Another challenge Faust has identified is updating GU’s policies and procedures to better improve operational efficiency as they are now outdated.

“The staff here is really on board, they have sustained the program in the absence of the director with support of county council,” said Faust. “They have been here, day and night, to make sure that the ship keeps sailing on.”

Although Faust is fairly new to her position with GU, she has had a long career rooted in service that has prepared her to step into this role.

“My interest in this position was just as it was when I worked here a few years ago, to engage and enhance the services for a population that I now call the ‘seasoned seniors,’” said Faust.

“My career has crossed a variety of paths; from early beginnings right here in this building. I worked in a summer intern type role with this agency,” said Faust, who went on to serve as the executive secretary handling personnel, office management, and accounting before it was operating as GU.

“I was in high school,” said Faust at the 23rd Anniversary of the Gail Reyes Senior Center. “Mrs. Gail and Mrs. Cheryl Long gave me an opportunity at that time to come and work during the summer at their facilities right up the road here, at the site where I am director.”

Faust also worked with the Town of Blackville doing administrative work, as a career specialist with Applied Learning Tech Prep serving schools in Barnwell and surrounding counties, and as the director of public information at Denmark Technical College.

Faust then began teaching business courses at Blackville-Hilda High School while working part time for Barnwell County First Steps until she became the finance director.

“One of the most fulfilling jobs I’ve held was something quite new that I would have never thought I would be doing– photography,” said Faust, who photographed for church directories through Life Touch and Shutterfly. “This was such a rewarding experience because it allowed me to travel and meet many people of various religions, beliefs, and backgrounds to help create beautiful, fun, and lasting memories for themselves and their places of worship.”



Current executive director of Generations Unlimited (GU) Ethel Faust chats with founding GU executive director and namesake of the Barnwell senior center, Gail C. Reyes.

All of these experiences have contributed to Faust's passion for working at GU and for the seniors of Barnwell County. She finds her upcoming birthday also energizes her work.

"My passion is heightened by the fact that I too will be qualified to bear the title as a 'seasoned senior' this year," said Faust, who will be turning 60-years-old. "Some driving factors are just to be able to continue in the working in an environment that I really enjoy, surrounded by various groups of people, stakeholders who have and are making a difference in someone else's life, to be able to come together to address issues that are relevant to our community, and to be an example to other generations in this walk of life."

Some of the next steps for GU include creative programming, a search for more volunteer and driver involvement, building more partnerships within the community, and an overall effort toward intergenerational unity in effort to support senior citizens.

"We just had a partnership with First Steps where we are able to support their participants to get the services they need," said Faust of the efforts made to create community partnerships and unify generations.

Faust also hopes to bring events like the 'Grand GRAMMIES' and the 'Umbrella Campaign' to fruition once GU's administrative board is in place. These events will be open to the public and "help to sustain the financial position of the agency," said Faust.

In the month of February, some upcoming opportunities for seniors include exercise and cooking related classes.

In five years, Faust hopes to see GU reach into every community in Barnwell County and be an active and engaging presence.

To get involved with GU or get enrolled at either the Gail Reyes Senior Center in Barnwell or the Golden Retreat Senior Center in Blackville, call the administrative office at (803) 541-1249 or visit <https://generationsunlimited.org/>.

Contributed By: The People Sentinel/Alexandra Whitbeck-Reporter  
Wednesday, March 29, 2023 Page 9A



*An outstanding model of volunteer service—*

*Ms. Peggy Kirkland.*

Monday, March 13, our Seasoned Seniors were thoroughly rewarded for the services that Ms. Kirkland has provided throughout Barnwell County and South Carolina. They received special treatment and service from the staffers of SC Regional Housing Authority (SCRHA). Beverly Washington who coordinated various engaging games at the Gail Reyes Senior Center and Mattison Bolen who planned a dance-a-thon at the Golden Retreat Activity Center in honor of the SCRHA's Peggy Kirkland Annual Service Day. The seniors also enjoy a fresh breakfast served by deputies of Barnwell County Sheriff's Office at their partner business McDonald's, which was coordinated by Ms. Peggy's beloved son Lieutenant Eric Kirkland.



### **Services**

From the seasonal flu to managing a chronic disease, Clemson Rural Health offers holistic, affordable health care designed with you in mind in three convenient locations.

Take advantage of the services and resources

### **Primary and Preventative Care**

Routine medical visits are important to help prevent, detect and manage chronic illness. With regular visits, healthcare providers can track changes to your health over time. Visit types include:

- Annual exams
- Women's health exams
- Medication management
- Diabetes and high blood pressure.

### **Acute Care**

Acute care includes medical visits for sickness or injury. It is important to see a healthcare provider to lessen the severity of an illness and check for underlying complications. Visit types include:

- Flu tests
- Referral for imaging
- Treatment for short-term illness.

### **Complementary Care**

As a part of our whole-person wellness approach, complementary services are incorporated in everything we do. Visit types include:

- Health coaching
- Health education
- Social work
- Access to Registered Dietitians
- Acupuncture

### **Food Security and Nutrition**

A registered dietitian is available to provide individual or group nutrition counselling services for treatment and prevention of disease. In an appointment, the dietitian can:

- Review your eating habits and lifestyle
- Assess your nutritional status
- Develop a personalized treatment plan
- Connect you with healthy food resources through a fresh produce box program or vegetable prescription program.

### **Immunizations**

A variety of immunizations - both routine and specialty - for adults. Flu vaccines are offered annually, along with TDAP, Shingrix, pneumonia and more. We also carry travel vaccines, so come see us before you travel or study abroad!

### **Mental Health**

Qualified Mental Health Counselors are available at our mobile and fixed clinic.

# GAIL REYES SENIOR CENTER RECONNECTS AND RECOGNIZES NAME SAKE

It was “sweet and healthy”— A reunion that put to mind the song itself, *Reunited*.by the duo Peaches & Herb. The song was a huge crossover smash, topping both the pop and soul chart and the Billboard Hot 100 singles in 1979. Like so, Generations Unlimited is aiming for such quality in its services of operation. Therefore, the current director’s goal is not to re-invent what already is but to strengthen the foundation that was initially placed. With her connection to the first director of the agency she’s looking forward to re-establishing a healthy organization that all of Barnwell County can be proud of its services. The 23<sup>rd</sup> anniversary celebration united former and current staff and a room filled of “Seasoned Seniors” being served by students, and thanked and informed by agency supporters, and Barnwell County Council Chairman Jerry Creech.



# GAIL REYES SENIOR CENTER ANNIVERSARY CELEBRATION



## Staff Spotlight: Timothy Zissett & Deborah Gantt

I have been employed as Fleet Manager for Generations Unlimited/Local Motion since September 2022. My job is keeping our vehicles running safe and efficient.

I graduated from Barnwell High School in 1986. I currently live in Barnwell County with my wife Beth and our dog Fiona. We have a daughter Cassie who lives in Ulmer, SC.

My wife and I often spend our weekends going to flea markets, visiting family, and taking short trips to Beaufort.

My hobbies include fishing, hunting, metal detecting and playing guitar.

Mr. Zissett can be seen at anytime, anywhere ensuring all things are working together for the good and efficiency of our Transportation department and all other services serving every aspect of Generations Unlimited.



I was born in Columbia SC. I was born on Thanksgiving Day and my Mother always told me she watched the Thanksgiving Parade from her hospital room. My family moved to Blackville, SC when I was four. I attended Blackville Public Schools from grade 1 through 12. I Graduated in 1968. I started working as a teenager in the drugstore (now none as a Pharmacy) In Blackville. I have been working since. I am back at Generations Unlimited part-time.

I have one son, who has grown into a wonderful man, a wonderful daughter in law and blessed with two Wonderful grandchildren. My family is so important to me. All of my family. My Mother was with us until she was 96 and that was a blessing. She was the rock of our family. She taught all of her children and grandchildren so much. The one thing we knew was how to love each other.

I enjoy music, sports, and I am a Gamecock Fan. Wish I could say I like to cook, but I don't. I enjoy eating though. I Love to go on little day trips with my friends. I Like puzzle books.

If you are reading this you know that I am a seasoned Senior. But I try to look forward to each day and remember to be thankful because I am blessed. God has been with me through a lot of good and bad times. So, I just want to pass along to everyone, to always know that there is someone who will help you, listen to you, and not judge. Remember to be kind to each other and count your blessings every day.

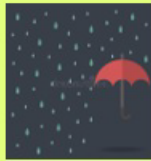
Ms. Gantt, our in-house, on-the-job "Seasoned Senior" keeps us all on track, even the passengers and drivers of Local Motion. She's like most Seniors, a valuable asset.





# April

Autism Awareness Month  
National Volunteer Month  
Stress Awareness Month





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

## 2023

4/14th - Food Distribution  
Coffee & Snacks 8:30-9:00 Daily

Birthdays  
Mary Black 4/16

### 4/14 Golden harvest food box

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 9:30-10:00- Inspiring Joy day 10:00-11:00-Chair Yoga	4 9:00-11:00-Matter of balance Class session 1	5 9:30-11:00 wear Bellbottoms or 70's out fit 70's Party	6 9:30-10:00-Toss the ball Game 10:00-11:00-Bible study	7 Good Friday Center Closed
10 9:00-11:00- Dance-A-Thon ft. Music from 50's & 60's	11 9:00-11:00-Matter of Balance Class session 2	12 9:00-10:00 Grill Cheese 10:00-11:00 Corn Hole Toss	13 9:00-10:00-Cooking Matter Class 10:00-11:00-Bible Study (Rev. Ron)	14 Movie & Popcorn
17 9:00-11:00- Preparation for Gardening	18 9:00-11:00-Matter of balance Class session 3	19 9:30-10:30 (Nutritional Ed)	20 9:00-10:00-Cooking matters Class 10:00-11:00	21 9:00-11:00- CRAFT/MOVIE DAY
24 9:00-11:00- Preparation for Gardening	25 9:00-11:00-Matter of balance Class Session 4	26 Wear your Denim day 10:30-11:00-Book Reading	27 9:00-10:00-Cooking Matters Class 10:00-11:00-bible Study (Rev. Ron)	28 Movie & Popcorn
				

# April

National stress awareness Month  
National Garlic Mon  
National Poetry Month

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

## 2023

April 14th - 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
				
3 9:00-11:00- Daniel's Pharmacy Group Discussion	4 9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Corn Hole	5 9:00-11:00- Walk with ease Class	6 9:00-10:00- Exercise with Earnestine 10:00-11:00- Piano	7 Good Friday Center Closed
10 9:00-11:00- Dance-A-Thon ft. Music from 50's & 60's	11 9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Corn Hole	12 9:00-11:00- Walk with Ease Class	13 9:00-10:00- Exercise with Earnest 10:00-11:00- Piano	14 10:00-11-Crafts
17 9:00-11:00- Preparation for Gardening	18 9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Corn Hole	19 9:00-11:00- Walk with Ease Class	20 9:00-10:00- Exercise with Earnestine 10:00-11:00- Piano	21 9:00-11:00- MOVIE DAY
24 9:00-11:00- Preparation for Gardening	25 9:00-10:00- Exercise with Earnestine 10:00-10:30- Bingo 10:30-11:00- Corn Hole	26 9:00-11:00-Walk with Ease Class	27 9:00-10:00- Exercise with Earnest 10:00-11:00- Piano	28 10:00-11:00-Crafts
				

# Pastor's Corner



Pastor Gerry Williams

I would like to relate to you an event that happened to my niece a several years ago now. She related the following:

"A really rude woman stopped at a bus stop to ask directions and no one knew right off the way. Someone offered to look up the directions for her, but, she chose to insult everyone and to ride off. The question was asked by one of those insulted, "Is it awful of me to hope she stays lost for awhile?"

As I thought about what my niece said, it came to me of what a beautiful illustration this is. For you see, Jesus came to show the way to a lost people. But instead of hearing Him, they were rude to Him, to the point of eventually putting Him to death. But, instead of just telling them to go to hell, He instead chose to love them, even to the point as He was hanging on the cross to pay for their sins, He cried out, "Father, forgive them, for they know not what they do!" After His resurrection from the dead (for death could not hold Him), He gave us His Word

and commanded His followers to show the way to a lost and dying people. Of course, many reject that, too, and insult God's Word and His followers. As a result they, through no one's fault but their own, will remain lost, until one day if they do not repent, it will be too late, they will die in their sinful state, separated from God forever. And, I too, must answer that question, even when someone is rude to me, "Is it awful of me to hope they stay lost for awhile?" Or, rather, should I show them the same mercy and patience as my Lord shows me and you?

If you are like me, there are many times, no matter how hard and sincerely I try to help others, I sometimes get hurt, sometimes frustrated and sometimes even angry. But, let me relate a truth that is worthy of our attention. Only God can change people. I can't change anyone! However, I can change how I talk to them. I also can change how I deal with them. I can pray for them. I just can't change them. Only God can change people! Always pray to have eyes that see the best, a heart that forgives the worst, a mind that forgets the bad, and a soul that never loses faith.

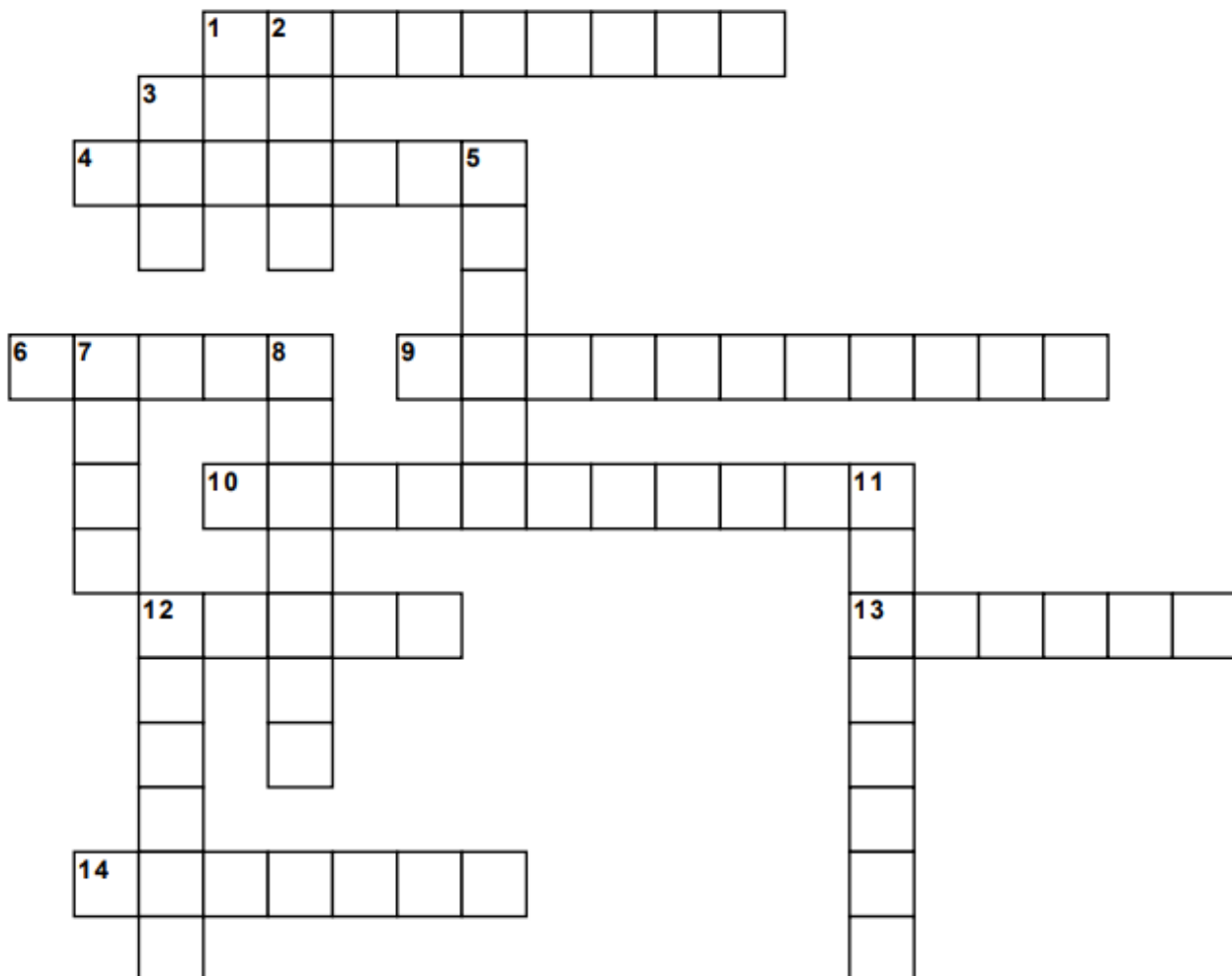
Philippians 4:4-9 "Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now...one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and receive from Biblical teaching. Then the God of peace will be with you." (Paraphrased).

May Jesus shine in, to and through you as you go on with Him, living like Him and loving others through Him, praying to Him, that others, too, may find their way! Amen

*Pastor Gerry Williams*  
Seivern Baptist Church



# Easter



## Across

- 1 - Most popular Easter present (9)
- 4 - Traditional Easter hats usually tied with ribbons (7)
- 6 - In 'Alice in Wonderland' what colour is the rabbit with the pocket watch? (5)
- 9 - In the song 'Easter Parade' what street do they walk down? (11)
- 10 - Female star of the film 'Easter Parade'? (11)
- 12 - Another word for 'rabbit' (5)
- 13 - These hatch out of real eggs (5)
- 14 - What do eggs represent at Easter? (3,4)

## Down

- 2 - The search for Easter Eggs: Easter Egg .... (4)
- 3 - A female rabbit (3)
- 5 - What season is Easter associated with? (6)
- 7 - An animal that looks like a rabbit with long ears (4)
- 8 - The date for Easter changes every year because of this (7)
- 11 - Make eggs look pretty (8)
- 12 - Something used to collect Easter eggs (6)

SPECIAL THANKS TO THE FOLLOWING  
GAIL REYES SENIOR CENTER  
ANNIVERSARY DONORS:

Adam's Nursery  
Anthony's  
Barnwell County Consolidated School District Staff & Students  
Country Cupboard  
Dyches Funeral Home  
Hansel & Gretel's Bakery  
King Mackerel's Restaurant  
Natta's Sweet Treats  
Still's Well Drilling  
Williams Farm & Garden

## April is National Volunteer Recognition Month

### Giving to the Next Generation

From self-expression to self-direction, there are countless ways for older adults to stay engaged and give back to others at the same time. Some of the most rewarding ways to express yourself and contribute to your community involve passing on experiences, wisdom, and skills to the generations that follow.

*Everyone* has something to share, and these ideas can help get you started.

**Mentor.** Use professional or personal experiences to guide a child, young adult, or even a peer. Example: Visit Senior Corps at [nationalservice.gov](http://nationalservice.gov) to learn about becoming a foster grandparent.

**Volunteer.** Put skills to use while giving back to your community.

Example: Sign up to collect food/clothing donations, serve meals at a local soup kitchen, or help older friends with daily tasks at home such as paying bills.

**Teach.** Impart expertise via formal or informal education and tutoring opportunities.

Example: Check with local schools that may need reading, math, or science tutors.

**Speak.** Sign up for speaking engagements, paid or unpaid, as well as storytelling events.

Example: Open-mic events, often at theaters and libraries, welcome speakers of all ages.

**Engage.** Visit a senior center or organize a gathering focused on connecting with others.

Example: Book clubs attract participants of all ages and encourage the exchange of ideas.

**Write.** Pen an article, op-ed, or even a book to communicate wisdom and lessons learned. Example: Start with something you know the most about, such as a career, hobby, or historical event, and submit a column to your local newspaper.

**Create.** Pick a medium and use art to express yourself and share your perspective.

Example: Paint, draw, sculpt, play music, dance, make crafts – whatever suits you.

Looking for more ideas? Each May, the Administration for Community Living leads Older Americans Month, a national observance focused on community engagement and other issues important to older adults. Visit <https://oam.acl.gov/> any time for resources and inspiration. **LOCALLY, CONTACT** Mary Stroman at (803) 259-4592.

*"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."