S C A . . . F i n d i n g  W a y s  t o  M e e t  t h e  N e e d s  o f  S e n i o r s

Two of the most pressing dilemmas facing our community’s senior population is lack of transportation and senior hunger. Despite budget cuts and loss of services, SCA is working hard to tackle these problems.

Did you know that South Carolina ranks second in Senior Hunger risk in the nation, only behind Mississippi? To battle the growing problem of senior hunger, SCA works with the SC Lieutenant Governor’s Office to provide meals through our nutrition program, including community dining sites and our home delivered meal program. Unfortunately, the meals allotted through the State do not meet the needs of the Florence County senior citizen population. Therefore, SCA is also the Florence County provider for Meals On Wheels Association of America. These meals help to fill the gap for seniors who can’t provide for themselves physically and/or financially. Unfortunately, however, there is still an unmet need. Though SCA currently delivers 400 meals each week, we still have more than 300 seniors on our home-delivered meal waiting list.

In the face of trimmed federal, state and local budgets, SCA is seeking other ways to raise money for senior services, including Meals On Wheels. In addition to working to secure more grants, we plan to hold additional fundraising events. Each year, we host the Dorothy Blackwell Luncheon to recognize individuals who are dedicated to the senior community. Through sponsors and ticket sales, the luncheon generates funds for senior services, but the need is still great. So, the quest for additional fundraisers is on. On August 17th, we will have an Indoor/Outdoor Yard Sale. Donations of items will be accepted, and we will be leasing booth spaces. We hope this will be the start of a successful annual event.

Transportation is also an ongoing problem facing Florence County seniors, especially those living in rural areas and in one of our county’s many small towns. Lack of transportation impacts every aspect of a senior’s life. If you can’t get to the doctor, pharmacy or grocery store, it’s impossible to live a full, healthy life. With the elimination of PDRTA’s rural services, SCA is excited to announce new transportation services. Through a SCDOT grant, SCA will be providing transportation in the Pamplico, Lake City and Johnsonville areas. Additionally, Leadership South Carolina, in conjunction with Honda of SC, awarded SCA a 2009 Honda Odyssey Minivan. The van will be used in the Timmonsville area to provide transportation. No doubt, transportation problems will still exist for Florence County seniors, but SCA is excited to offer these options in addition to our current services, that will minimize the need.

For information on SCA transportation and nutrition services or to find out how you can help, contact us at (843) 669-6761.
The Director’s Chair...

As SCA approaches a new fiscal year, an increase in membership will be one of our many priorities. We know there are a lot of retirees out there and we are looking for you! Florence County has two (2) senior centers in Florence County, the Leatherman Senior Center and the Lake City Senior Center.

Florence has been known to be a retirement community because it is approximately 70 miles from Myrtle Beach and, since there are few transportation issues to deal with, many are attracted to retire here. Retirement is when a person stops employment completely and is no longer waking up early to go the office or place of employment. Many people usually say, “I cannot wait to retire” - but what are your plans? Be sure you have plans because just being lazy or lounging around will get old over time. There are a lot of hours in a day, a week and a month. It might be a good idea to ask yourself what you will do when you retire or while you are retired.

You can find plenty at a senior center where older adults come together for services and activities that reflect their experience and interest, enhance their dignity, support their independence and encourage their involvement in and with the senior center and the community. Each senior center is different, but it is a community. Your presence is needed and we want you here. We welcome your suggestions, ideas and input.

If you are looking for a purpose and a place to add your talents, skills and ideas, please consider volunteering a few hours a day, week or month. The SCA Volunteer Director is Kammy Benton. Please give her a call to find out about all the wonderful opportunities we have for you to give service to your community.

Thirty-five percent of the adult population is currently 50 years of age and older. By 2015 that percentage will move up to nearly 50 percent, or approximately 77 million people. Regardless of what you do to stay active, find purpose and meaning in this stage of your life.

Thank you so much for reading our newsletter. If you have any questions, please do not hesitate to contact me at 843-669-6761 or email me at LMJ128@Bellsouth.net.

Linda Mitchell Johnson
Executive Director

SCA will be hosting an Indoor/Outdoor Yard Sale to raise money for Meals On Wheels on Saturday, August 17, 2013. The event will be held at the Leatherman Senior Center. We will be accepting donations—furniture, household items, back to school items, etc. to include in the yard sale. You may also lease a booth space for $25 to sell your own items (you keep proceeds.) Contact Linda Mitchell Johnson or Pam Jacobs for more information at 669-6761.

Who We Are
The Senior Citizens Association in Florence County is a private, non-profit, community based organization. SCA relies on grants, donations, contributions, membership fees, and assistance from volunteers to provide services and assistance to Florence County Senior Citizens.
Healthy Highlight!

Looking for an exercise class that’s right for you? The **Exercise Class** at Leatherman Senior Center meets Tuesday, Thursdays and Fridays at 9:45—11:00. The classes are led by SCA members Janet Cole-James and Carolyn James.

Classes begin with a warm-up using hand weights (if desired) and move into stretching & strengthening. Once everyone is warmed up, participants get their hearts pumping with a Leslie Sansone walking DVD. This fun and effective exercise class incorporates strength, flexibility and aerobic activity with a 3 mile walk on Tuesday, 4 miles on Thursday and 5 miles on Friday. **The class is designed for all fitness levels** and is perfect for beginners or the seasoned exercise guru - everyone works out at their own pace and comfort level!

Come ready to work out, or perhaps stop by and watch the class. You may find this is the perfect way for you to get in shape, or boost your current workout!

**Better Choices, Better Health** is a health-improvement program that teaches people living with chronic diseases including diabetes, high blood pressure, heart disease, asthma and other conditions how to find practical ways to deal with health issues. The program also helps participants understand how to live with difficult emotions, set goals and make a step-by-step plan to improve health, while making better choices. Seventy-five percent of older adults are living with more than one chronic, or ongoing health condition.

Call us to join an existing class, or to find out how our certified leaders can bring this valuable program to you!

**Upcoming Classes:** The Carolinian
718 S. Dargan Street
Florence

Call Fannie Kennedy for dates, information & to sign up at 669-6761!

Leatherman Senior Center Lunch & Learn Program

SCA is working with community businesses and organizations to bring valuable information specifically for you. In April, members enjoyed a presentation by **Bethea Baptist Retirement Community** on “Seven Keys to Senior Wellness” with a wonderful lunch of grilled pork loin and sides. In June, **Care Pro Hospice** shared information on Diabetes nutrition and care, what Hospice care is and how it can benefit you, while providing a delicious healthy dessert option of yogurt, fruit and granola parfaits.

Looking ahead, we have programs planned on health topics including arthritis and joint care and a more in depth Diabetes prevention and care program by **Novo Nordisk**. Also, **First Federal** will be sponsoring four programs throughout the year focused on what you need to know about your finances.

So, stay tuned for your phone call and more information about these exciting, informative programs designed specifically for you!
From the President….  

**South Carolina Women**

Linda Johnson told me that Mrs. Mildred Browder Hughes had asked her to come to Johnsonville to tour a building that could be renovated for a Senior Center. I admire Mrs. Mildred for her tenacity and “I’m going to get this done no matter what” attitude. The Johnsonville Weekly Observer, along with various civic organizations recognized her for the many contributions to her community. This is one of the many women I admire.

Researching important women in South Carolina on the internet, I found a website for the South Carolina Commission on Women, Office of the Governor (www.oepp.sc.gov/sccw/). Did you know that South Carolina ranks 50th (last) in the nation in terms of women in public office? In 2009/2010, the SC Legislature was the only state in the nation with a single-gender chamber – the SC Senate. Quoting this website, “The lack of women’s input into critical decisions for SC is especially surprising when SC women make up 56% of the voting population.”

Another website, South Carolina Information Highway, (www.sciway.net) describes notable SC women in our state’s history. Names I instantly recognized were Kimberly Aiken, Leeza Gibbons, Vanna White, Janice Huff, Althea Gibson, Anne Huntington, and Eartha Kit. The website shows Dr. Matilda Arabelle Evans, 1897, the first African-American woman licensed as a physician in SC, and Caroline Hembel, first female graduate of the pilot training program at USC who trained cadets in 1941. Mary McLeod Bethune, a Sumter County native born just 10 years after the end of the Civil War, decided that education was the key to ending the cycle of poverty and opened a school for girls. Charlotte Spears Bass, a newspaper publisher used print media to push for social reform. Her civil rights leadership launched her political career, and in 1952 was the first African American woman to run for national office – Vice President of the United States. Darla Moore (Lake City) is on the list as founder of the Palmetto Institute, a non-profit think tank and policy center which aims to raise the per capita income for every person in the state.

My private list of notable women:

- My Mom, Judith Harner
- My grandmother, Lucille Long
- Mildred Browder Hughes
- Mary Dean Huggins
- Mary Hunter
- Enid Cockfield
- Linda Mitchell Johnson
- Jackie Woodberry
- Kimberly Sims

Who is on your list, and have you told them how much you admire them? Have you made a difference in someone’s life? Take the time to do one small thing for another woman and Thank You to SCA’s Dorothy Blackwell, someone who made my life that much better.

Julie H. Baxley, President
SCA Board of Directors

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**First Federal**

You’re First.

First Federal is joining forces with Senior Citizens Association to bring helpful, senior-pertinent financial information to our members! First Federal will hold it’s first Lunch & Learn event on Tuesday, July 23, 2013. Join us for lunch, giveaways and door prizes while becoming more savvy about your money, all sponsored by First Federal!

RSVPs will be taken closer to the event—listen for your automated call from SCA with details!

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**Our Mission and Purpose**

The mission of the Senior Citizens Association is to provide a full range of services to Florence County’s Senior Citizens. The purpose of these services is to promote the physical, mental, and social well-being of senior citizens, enhancing quality of life and providing assistance in maintaining independence.
Lake City Senior Center

Fisherman’s Club

The Lake City Senior Center Fisherman’s Club, led by Mr. Zack Cooper, meets the third Friday at 1:30 and for various fishing outings during the month.

The Club shares their individual experiences and knowledge, asks questions and learns about different types of rods and reels, baiting and casting, while exploring some area fishing holes!

The Fisherman’s Club is open to everyone—men and women. Come join us, or call for more information (843) 394-2432.

Did You Know?
In South Carolina, you must have a fishing license if you are using a rod with a reel! You do not need a fishing license if you are fishing with a pole only.

Monthly Activities Calendar

Mondays
@ 10:00 Art Class
@ 1:00 Floral Arrangement (1st & 3rd)
@ 1:00 Craft Class (2nd)
@ 1:00 Knitting Class (4th)
@ 2:00 Quilting Class

Tuesdays
@ 10:00 Heart 2 Heart
@ 1:00 Fit 4 You
@ 2:00 Cake Decorating

Wednesdays
@ 1:00 Choir (1st & 3rd)
@ 2:00 Bingo

Thursdays
@ 11:30 Art Class
@ 1:30 Farmer’s Market
@ 1:30 Red Hat Society (4th)
@ 3:00 Bid Whist & Checkers

Fridays
@ 10:00 Literacy Class (Math & Reading)
@ 1:00 Book Club (1st)
@ 1:30 Fishermen’s Club (3rd)

*Nutrition Program held daily 9am -1pm
The Lake City Senior Center enjoyed a fun-filled day trip to Charleston, South Carolina on Friday, May 31. The group of 75 traveled to Charleston by motor coach, then boarded a Spirit Line Cruise boat for a sail around the breathtaking Charleston Harbor. The group took in sights of the Arthur Ravenel Bridge, Fort Sumter, The Battery, and beautiful homes of Rainbow Row. A delicious lunch was served during the cruise featuring stuffed chicken breast in tomato sauce, French style green beans, and pecan pie.

Lake City Senior Center works to offer exciting and interesting activities for our members. We invite you to share suggestions, and join us, for future excursions!

The Florence Little Theatre Golden Readers presented “Wit and Wisdom” at the Lake City Senior Center on May 9th. “Wit and Wisdom” is a collection of humorous fables, tales and skits. Mrs. Rebecca Sowell, FLT Golden Readers Performing Director, shared that this type of performance is divided into three parts, and that the scripts are read instead of memorized. The Golden Readers brightened everyone’s afternoon with their performance!
RSVP Volunteer Board

Improve Your Health....Volunteer!

When we think of volunteering, we generally think about how it helps others and improves communities. However, research indicates that volunteering offers real personal, physical, and psychological benefits, particularly for older adults. Here are some healthy points to ponder:

⇒ Volunteering lowers your blood pressure and increases your physical health and agility. Older adults who engage in regular physical activity have lower incidences of heart disease and diabetes and are at lower risk for other cardiovascular diseases.

⇒ Volunteering helps to improve your cognitive ability and mental well-being as it keeps the brain engaged and helps to protect your memory.

⇒ Volunteering lessens feelings of loneliness, helplessness, and depression as it keeps you connected to your greater community at large.

Volunteer Opportunities:

Lake City & Florence

Meals on Wheels

Immediate need for volunteers to package meals at our Senior Centers.

DAV Van Drivers Needed!

Would you like to give back to those who have sacrificed so much for us and our country? You can help by transporting Disabled Veterans to medical appointments.

Clerical/Receptionist Positions for two Florence non-profits.

RSVP welcomes American Cancer Society as our newest partner. Volunteers can:

- Greet cancer patients and caregivers
- Provide information to patients and families
- Help identify patient and caregiver needs
- Help patients complete forms and connect them to resources to meet their needs
- Fax forms to the American Cancer Society

Computer experience is helpful but not required.

These are just a few of the volunteer opportunities we have waiting for you! Call Kammy Benton, RSVP Director, at (843) 669-6761 ext. 233 today for more information!
RSVP Advisory Council shows off its green thumb! The Florence Cultural Garden, located in Downtown Florence on Dargan Street across from the new Florence Museum, was a vision of Keep Florence Beautiful (KFB). The RSVP (Retired & Senior Volunteer Program) Advisory Council was looking for an active and visible way to help the Florence community. While considering the “Adopt-A-Street” program, Keep Florence Beautiful approached the Advisory Council about adopting the Cultural Garden and making it a reality. In October 2012, the RSVP Advisory Council rolled up their sleeves and began cultivating and maintaining the Florence Cultural Garden. The requirements include a 2 year agreement to clean, weed and pick up trash at least 6 times a year.

Members of the RSVP Advisory Council are Janet James, Alexander Wilson, Stacie Moore, Gwen Parker, George Richardson, Shannon Berg, Genevieve Backus, Chad Costello, Sylvia Gamble, Raymond Gamble, Johnnie Roper, Mary Smith, and RSVP Director Kammy Benton.

Pictured are (front, seated) Kammy Benton and Pastor Chad Costello. (Standing l-r) Sylvia Gamble, Johnnie Roper, Mary Smith and Raymond Gamble.
Tuesday, July 2
No Lunch Served Today

Tuesday, July 9
Spaghetti w/Meat Sauce
Tossed Salad
Garlic Bread
Lemon Pie

Tuesday, July 16
Ham-N-Cheese Wrap
Lettuce & Tomatoes
French Fries
Salsa
Pastries

Tuesday, July 23
First Federal Presentation
Baked Ham
Mashed Potatoes w/Gravy
French Style Green Beans
Buttermilk Biscuits
Brownies

Thursday, July 4
No Lunch—Closed

Thursday, July 11
“Wing Bar”
Baked, BBQ, & Honey
Potato Salad
Corn
Roll
Pie

Thursday, July 18
Grilled Chicken Salad
Lettuce, Tomatoes, Cheese, Peppers, Onions, Cucumber, Craisins, Eggs, Crackers
Chocolate Chip Cookies

You’re Invited!
Ice Cream Social
July 17, 2013
2-4 pm
Sponsored by
Leatherman Senior Center & Senior Citizens Association

July 17, 2013

Menus Change Monthly ~ Lunch Tickets are $5 per person
Limited Tickets Available ~ Remember to purchase your tickets in advance!

Mondays
@ 12:30 Phase 10
@ 12:30 Duplicate Bridge
@ 1:00 Bid Whist

Tuesdays
@ 9:45 Exercise Class
@ 11:30 Crochet
@ 11:30 Lunch
@ 11:30 Blood Pressure Checks
@ 1:00 Pinochle
@ 1:30 Mexican Train
@ 2:00 Bingo

Wednesdays
@ 9:30 Spanish
@ 9:45 Thin & Healthy
@ 9:45 AARP (1st)
@ 1:00 Bridge

Thursdays
@ 9:45 Exercise
@ 11:30 Lunch
@ 1:00 Canasta
@ 1:00 Line Dancing
@ 1:30 Mexican Train
@ 6:00 Alzheimer’s Support (3rd)

Fridays
@ 9:00 Aerobics
@ 10:00 Duplicate Bridge
@ 7:30 Palmetto Ballroom (2nd)

Computer Classes Now Offered!
Call 669-6761 for information!
Alzheimer's Caregivers Support Group
If you are caring for a loved one living with Alzheimer’s, this support group is designed for you! Join other caregivers and a trained leader for education, discussion and support. We meet at 6:00 p.m. in the Leatherman Senior Center Sun-room on the third Thursday of the month. Upcoming meeting dates for the next three months are:

**July 18, 2013 ~ August 15, 2013 ~ September 19, 2013**

First Federal Sponsored Lunch & Learn - July 23, 2013  
Lunch, Speaker, Giveaways and Door Prizes

Yard Sale - Saturday, August 17, 2013  
To raise money for *Meals On Wheels* and other vital senior services. Donations accepted and booth space available.

September is Senior Center Month  
Information to follow including Open House and other events!

**Save The Date!**  
10th Annual Dorothy Blackwell Luncheon  
May 2, 2014