



2817 Millwood Avenue
Columbia, SC 29205

Mission: To provide coordinated services, resources, and personal choices to promote healthy, independent living through the support of staff and volunteers.

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Help us save money!
Read **The Pace Setter** online!
Call Camille Bradford Hugg
252-7734x243 or email
cbhugg@seniorresourcesinc.org

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Director of Foster Grandparent Program & Senior Companion Program

Wendy Jones, LMSW
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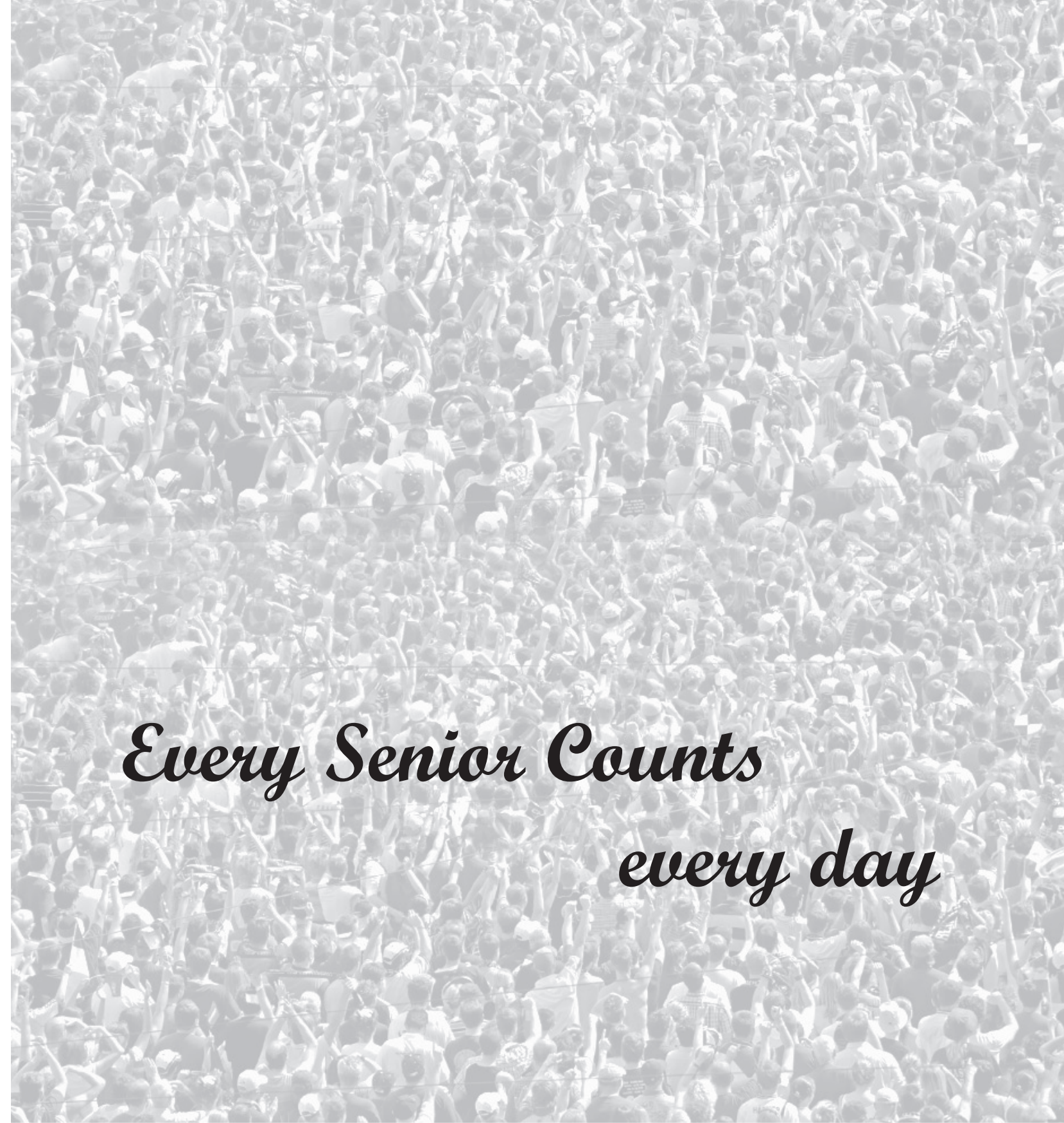
Senior Resources is funded in part by

Central Midlands Council of Governments
City of Columbia
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Donations & Contributions
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Older Americans Act
Richland County Council
SC Department of Health & Human Services
United Way of the Midlands



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Visit us on the web
www.seniorresourcesinc.org



Here for you in more ways than one.

THE PACE SETTER
VOLUME 3 2010

Mission: To provide coordinated services, resources, and personal choices to promote healthy, independent living through the support of staff and volunteers.



Deborah L. Bower

From the Executive Director

Webster defines the word *challenge* as “a demanding task that calls for special effort or dedication”.

Challenges are a part of everyday life. Some are small and easily conquered, others are much more difficult requiring both time and restructuring of ones life. Although we all face challenges and handle challenges in different ways, there are times when the challenges facing us cannot be overcome without the help of others.

Help can come in many forms; a kind word, a quiet prayer, a helping hand a thoughtful listener. It can come in the form of a friend, a family member, a clergyman, an acquaintance, a stranger or a concerned and involved neighbor.

Those of us who are blessed with the gifts of time, money, compassion, empathy and passion are called to help those who face the challenges that come with living life. This is vividly portrayed in the plight of those at either ends of the age spectrum. The innocent baby and the older adult. The baby is at the will of those around them that are charged with their care and the older adult must face the challenges that await them as their health and well being begins to wane. They need our help, in whatever capacity we are able to provide. The baby has the promise of many tomorrows, the senior adult has the memories of a lifetime and a hope of a peaceful, tranquil and reflective retirement.

We all have the capacity to help when challenges seems to overburden those around us. It is truly amazing how much lighter the work load is when there are many sharing the load. If you would like to help make a difference in the lives of the frail and elderly in your community, please call us. **We can make sure that YOU are part of the solution, that YOU make a difference!**



Buy Groceries. Help Neighbors.

At BI-LO, your grocery purchases can provide an extra boost to the seniors in the Midlands. Enroll in boostersplus® and BI-LO will contribute 1% of your purchases to Senior Resources.



Email seniorresourcesinc@sc.rr.com to receive your enrollment form. Need more information? Call 803.252.7734x256.

Remembering others

In memory of

Mr. & Mrs. Bass
by Susan Wilhelm

Norma Derrick
by Leon & Sylvene Jones

Margaret Ford
by Rhonda Ruth Collins Doran

Bernard Guinyard
by Maxine Guinyard

T. E. Hood, Sr.
by Tally & Peggy Hood

Margaret Stilwell
by Katherine Bean

Ellen Holloway Tankersley
by Gay Tankersley

In honor of

Truman Campbell
by Brown Motor Works, Inc.

Mr. & Mrs. Carlton Crisp
by Phil & Sara Tripp

Mary Graben
by Jimmie C. Graben

Mary Nagler
by James & Beverly Telfer

Rebecca Smith
by Martha Cunningham

If you would like to make a donation in honor or memory of someone, please visit us on the web at www.seniorresourcesin.org or call 803.252.7734x243.

We need pet food

for our Meals On Wheels *pets in need*



- **small bags (20 lbs or less) of cat or dog food**
- **cans of cat or dog food**
- **unopened packages of treats**
- **flea collars (any size)**

If you would like to sponsor a pet food drive or need additional information about the *pets in need* program or the Meals On Wheels home delivery program, please call 803.252.7734x231.

Charitable Bequests

Don't forget to remember Senior Resources, Inc. when doing your estate planning. You may name Senior Resources, Inc. in your Last Will and Testament or in your Revocable Trust with a charitable bequest at the time of your death. Gifts to charity may take many forms, such as a gift of stock, real estate, cars, cash, life insurance and pensions, just to name a few.

In order to avoid confusion over which charity you are naming and to benefit your local charities, add the full address and contact information for Senior Resources, Inc. to your estate planning documents.

You may also name Senior Resources, Inc. as a beneficiary of IRA's or 401(k)'s, which will yield a higher benefit to the charity since the charity is not subject to income taxes.

Always seek the services of a lawyer with an estate planning practice when attempting to leave a charitable bequest or gift to Senior Resources, Inc.

Information provided by Angela M. Kirby, JD, CPA, Certified Specialist in Estate Planning and Probate Law, of Rogers Townsend & Thomas, PC

Our donors have hearts of gold

May—August 2010

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 Barbara Testor
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We make every effort to acknowledge everyone who donates to our programs. Please let us know if we have omitted or misspelled your name.

Also, please let us know if you are receiving more than one copy of this publication.

Development & Public Relations welcomes

Camille Bradford Hugg & Sue Kirk



Camille Bradford Hugg, above left, and Sue Kirk, below right, are new faces in the Development and Public Relations office.



Please share in our mission to keep seniors living independently!

Join us for our 4th annual
Every Senior Counts fundraising luncheon

Thursday, November 4
 Noon

Seawell's ■ 1125 Rosewood Drive

RSVP by October 29 to 803.252.7734, Ext. 256,

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The State
 Proud supporter of Senior Resources

Foster Grandparent & Senior Companion programs welcome new director *Rachal Hatton, LMSW*

I am very excited to be welcomed aboard as the new Director of the Foster Grandparent and Senior Companion Programs. I knew long ago that I wanted to work in the field of aging in such a way as to help others make significant differences both in the community and in the lives of individuals in need.

As a Social Worker, working with Senior Companions and Foster Grandparents ties in to my personal and professional core values. I am honored to be a part of these programs.

The helping relationships between volunteers and clients are vital to enhancing choices and maintaining dignity for senior citizens and are central to the mission and purpose of FGP and SCP. Service learning is a life-long process, and I am looking forward to learning and growing with these programs as well.

These two Senior Corp programs serve the purpose of actively engaging seniors in Richland and Lexington Counties as volunteers while also assisting homebound seniors and persons with disabilities as well as children with special and exceptional needs. It is humbling and rewarding to be able to work with such dedicated volunteers who serve others.

I have had the pleasure of meeting and working with some of our Senior Corps volunteers as well as clients in other professional capacities and look forward to getting to know them better and as we all honor the history of the program while continually striving to improve and enhance ourselves to meet the ever-changing



Join *The Singing Grannies* at the 4th annual Every Senior Counts luncheon on November 4.

Want to know more about the Foster Grandparent Program or the Senior Companion Program?
Call Rachal Hatton at 803.252.4434x244 or email her at rhatton@seniorresourcesinc.org.

RSVP remembers September 11

RSVP provided lunch to the West Columbia Fire Department in honor of the September 11th tragedy. That day changed our nation and was a day of remembrance for families of those who died. We wanted to spread smiles to the service men who put their lives in danger everyday to keep us safe.

This could not have been possible without Mrs. Thelma Hornsby and the Subway staff on Sunset Blvd. who donated the lunch and had everything prepared for us when we arrived for pick-up.



I would like to also thank the RSVP Advisory Members and Senior Resources.

RSVP Food Co-Op expands

For more than 30-years, RSVP has been providing adults 55 and older with fresh fruits and vegetables for \$5.00 a bag at the Park Street Baptist Church, 2204 Park Street Columbia, SC. Because of the growing desire of the program, we will open a second site on Wednesday, October 6, 2010 at Greenview Park, 6700 David Street, Columbia, SC.

For more information about the Food Co-op Program, please call Becky Derrick or Genice Crumpton at 252-7734 or email rsvpcoordinator@seniorresourcesinc.org.

Ring the bell during the holidays

Please join other RSVP volunteers in ringing the Salvation Army's bell on Friday, December 17, 2010. Volunteers will be manning Walmart stores in Richland, Lexington and Newberry Counties.

Call Becky Derrick at 803-252-7734 x 248 or email rsvpcoordinator@seniorresourcesinc.org for more information.

Thank you for all your support in making a difference in your community.



Want to know how you can get involved with RSVP?
Please contact Genice Crumpton or Becky Derrick at 803.252.7734.