

Prime Times

NEWSLETTER OF COASTAL CAROLINA UNIVERSITY'S CENTER FOR ACTIVE AGING AND RETIREMENT

FALL 2006

PRIMETIMES SPECIAL EDITION

A Conversation with President Ronald R. Ingle: A reflection on the past and his outlook on the future.

As the President of Coastal Carolina University will be retiring in June 2007, Anne Monk, Assistant Vice President of CCU Marketing Communications, had the opportunity on August 23, 2006, of having a conversation with Dr. Ingle about his time at Coastal and a bit about his Prime Time future....



When you were just out of the Army, did you ever imagine that your life would include being a college president?

President Ingle: Yes, probably because I didn't want to leave college, or maybe I didn't want to grow up. I like the college environment, I feel comfortable in it. I was talking to someone the other day. When I was in college, my friends and I were 100 percent college students. Now, if you're a full time college student, you are probably 20 percent college student. Their relationship to the institution

is much different than it used to be. They have jobs, and they have other things that they are doing, and this is a means to an end for them. Not that all of them aren't career oriented, and I don't mean this in a negative way, but I don't see the 100 percent commitment to being a college student. I don't mean just being a student, but all those other things my generation of college students did. I think we have to realize that when we look at how we build our institutions, and we must react to that. If we are thinking about the old, come to

campus, go to class, hang out with friends, spend all the time on campus, that just doesn't happen anymore, here or in any other places.

Please describe your feelings on where Coastal is as an institution.

President Ingle: We are still a relatively young institution, but we are maturing and we have some ways to go, I think we have come light years from even 10, 15, or even five

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THE FUTURE IS HERE AND 60 IS THE NEW 40

by Rocco Cartisano, Associate Director, Center for Active Aging and Retirement.

Along with the changes in administration and faculty at Coastal Carolina University, as the "Daily News" comes out, whatever the media, there is likely to be some item having to do with Baby Boomers and their social impact. No doubt because there are so many of them – some 78 million making up about 29% of the national population, they cannot be ignored. The "60 is the new 40" is a growing comment by many writers and people expressing how they feel and the activities they participate in.

There is no doubt this will continue for it is this year – 2006 – that the first "Boomers" (those born between

1946 and 1964) turn 60 years of age. As of July of this year – 2006 – 50% of Americans are 51 years of age or older; someone turns 50 every 7 seconds and this 50+ population is going to double in the next 35 years. These Boomers are the best educated with higher incomes and longer life expectancies than any previous generations reaching the "benchmark" 60. In March of this year, "Parade" magazine ran an article about those turning 60 – how they felt about themselves and what they look forward to doing. One section of the article stated, "The vast

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years ago. We have a very strong faculty, not that we didn't have a strong faculty before, but I think we have a more diverse faculty now, both in terms of faculty where they have completed their graduate work, to the number of men and women, minorities, and all of this, we have faculty from all over the world. We are a more diverse student body, because we have students from every state, from 25 or 30 foreign countries, so that is something that is really obvious that has occurred over the last 15 to 20 years.

If you look back at your career as president of the university, are there pivotal events that have occurred at the university?

President Ingle: Yes, there are a lot of them; it has been like a marathon. One event was the opening of residence halls and then when we expanded the residence halls – that brought in a whole different group of students. It seems like in the last few years it has been the large number of faculty that really energized the institution. I think football was very pivotal. The most pivotal, in my point of view, was when we left our long standing relationship with the University of South Carolina and struck out on our own. That is the most pivotal event of my career.

What is it that makes this place so special?

President Ingle: The people, our history, which has been so entwined with this community. Although we have gotten much larger, and much more complicated as an institution, there is still that emotional commitment by the community and to the community. You don't usually see that, particularly in a public institution, to the extent you see it here. I think that is the thing that makes us very, very unique.

What are the contributions of the non traditional students as well as the lifelong learners?

President Ingle: The nontraditional students are very

important to this institution. Now lifelong learning students, those who come back after they have completed careers or are in their career field now, take classes that may be of use for them either in their personal lives or in their professional lives. So the nontraditional students or the older students, bring richness to the campus, especially when they intermingle with the regular students bringing life experiences that the traditional students have not had. It really helps with the fabric and richness of the institution.

There seems to be a core of people in this age group who support the university through volunteer activities.

President Ingle: We probably could not operate without the hundreds of volunteers that help us with football games and activities in Wheelwright, and other events on campus. These volunteers are essential for us to get the job done, quite frankly.

What do you think it is that engages them, the volunteers, when they come to the university, when they come from other places for the most part?

President Ingle: I think a lot of people that retire to this area are not ready to just "hang it up", they are still very active physically and intellectually, and want to continue this journey by being involved in the activities at the university, being involved with young people reenergizes them and the university gains energy from their presence here.

In looking at your retirement, how do you see yourself interacting with the many retirees that are very active here on campus?

President Ingle: I haven't really thought about it in that way. Many people don't understand that being a university president is really 24 hours a day, seven days a week. I can't remember the last time we have had a vacation or had a block of time, so at least for awhile we are going to just take some time off, and travel. Judy has already been



approached and will be pretty busy as a consultant with some organizations, particularly in the public school arena. I am considering a couple of options that will keep me professionally busy. It is not volunteer work, but the type of opportunities that I can pick and choose to engage myself in an activity or decide not to.

Your wife Judy has been very intimately involved in your role here at the university, how has that worked?

President Ingle: Judy has been an essential part of this adventure. She has her own career and the people of this institution respect that, the people in the community and the members of the board respect that. However, she is quite involved, being on the Board of Visitors for the College of Humanities. She has helped create an organization called Women in Philanthropy. Most of my colleagues around the country have spouses that have their own careers and the term that Judy doesn't like is "first lady," as it is really a dinosaur. The spouse of a president is rarely a man, and the idea of a spouse wearing white gloves and pouring tea is a myth.

You are an avid reader. What are you reading now and what have you read recently?

President Ingle: Sadly most the things I read now are related to higher education. To read for enjoyment, I like thrillers and that is what I usually would read, summer-time type books, those escapist type books. I am looking forward to reading the new book about Lincoln by Doris Kearns Godwin.

As a native South Carolinian what concerns do you have about the future of our state?

President Ingle: I am concerned about the future of public education, I am concerned when I read about the huge number of dropouts we have in our high schools, the low graduation rates. I think the latest numbers show us at the

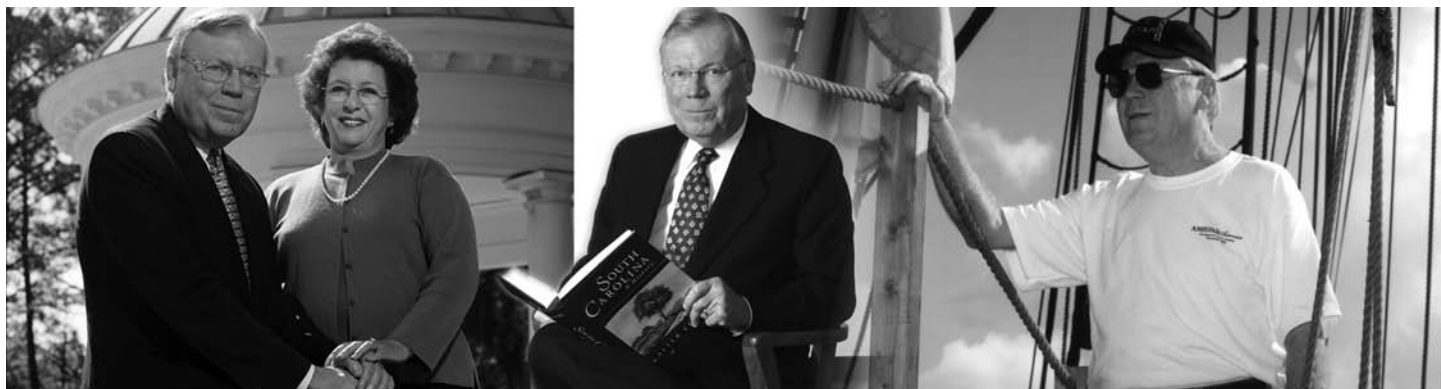
bottom in the country. We ought to be graduating more students and we ought to be graduating more students from higher education. We need to pay more attention to access to higher education in this state. Higher education is reaching a point the point that it is too expensive for many people. But I don't see anybody leading the charge. You have politicians saying so many times "I am going to be the education president, governor, senator..." or whatever office they may hold. Too often it is just campaign slogans. From time to time you may see that that may really be their political agenda, but too often it is forgotten after a political campaign.

There is a fragile balance between the environmental preservation and the need for economic development.

President Ingle: Yes, but there is a balance and the term "smart growth" is overused but it is a good term. It is inevitable that we are going to grow, particularly on the coasts of this country, but we have to do it in a smart way. When I was out yesterday walking in the timber I saw some example that an agency did 10 or 15 years ago they thought it was the thing to do, but it really disturbed the eco balance. That is one of the things in this area we are going to try and turn that around and take it back to its original state.

You have been involved in some rather unique external programs since you have been president; Speak to the role of these kinds of university extensions.

President Ingle: I think they have transformed our area. There continue to be positive repercussions of the visit of the Amistad to Georgetown. The visit occurred shortly after the debates on the confederate flag. The presence of the Amistad allowed us to take that rather divisive discussion and turn it into a different direction. That happened years ago and is still going on. As a matter of fact it came up in a meeting yesterday in Georgetown. Sandy Island is a jewel that is now going to be preserved forever. Coastal will be in the lead working with other entities,



not only to preserve the physical environment there, but to respect the lives of the people who live there. I am really happy that we were able to play a part, and are still playing a part in preserving Sandy Island.

You have been involved with the mentoring program from the very beginning. What did it mean to you personally and what does it mean in the larger sense as far as the impact to the community.

President Ingle: To me personally, we were asking our staff and students to take a rather bold step, and before I did that I wanted to be part of the mentoring project before we asked others to do it. It was very meaningful to me. It has been a long time since I have sat down for an extended conversation with an eight year old to talk about things that were meaningful to him, about goals that he was setting, his frustrations, and his anxieties he was facing with some major health issues. The ultimate goal is to address this issue of drop outs. If the students in the mentoring program are dropping out at the same rate as the students who are not in the program, I will be disappointed. I hope that is not the case. The ultimate goal is to see those kids graduate from high school and move on to either Coastal Carolina University or Horry Georgetown Technical College or somewhere else for that matter. But we have to keep our eye on why we are doing this.

The role of the athletics program has changed dramatically when football came around. What is the role of the athletics program now at Coastal Carolina?

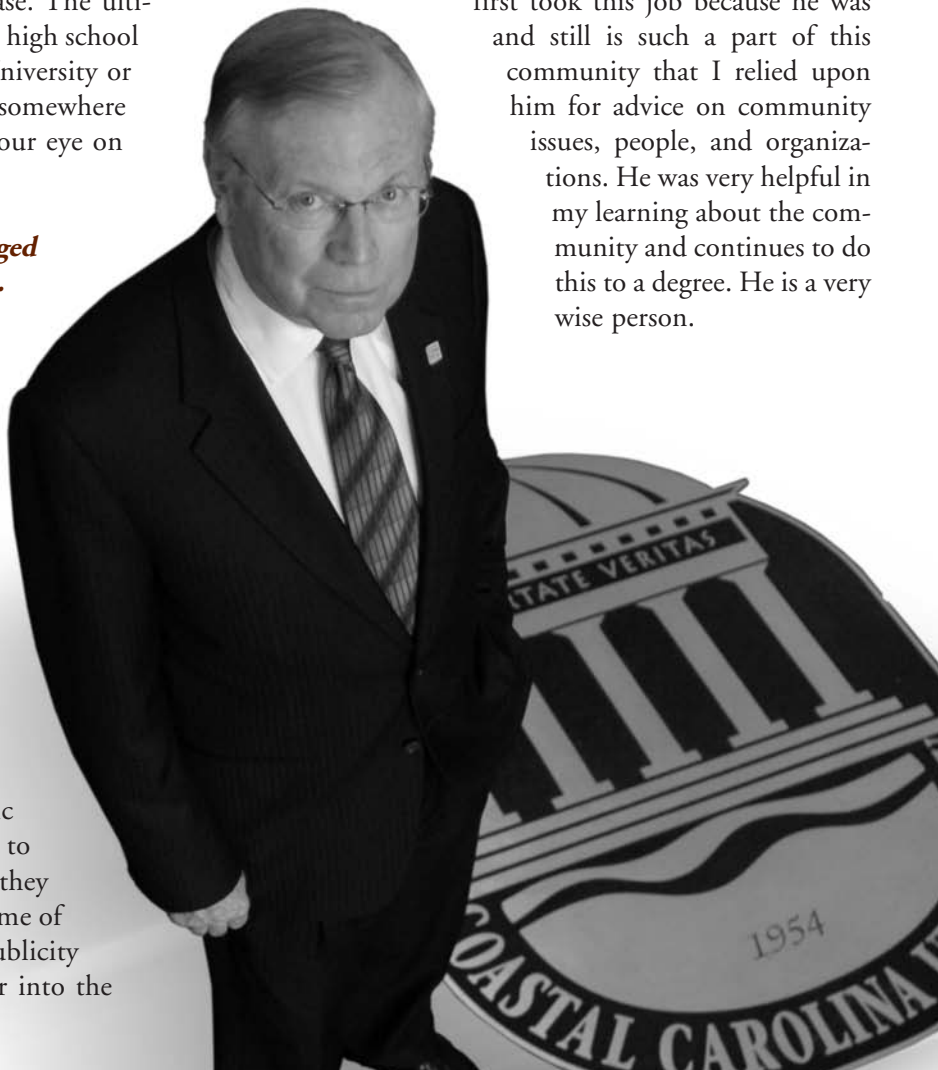
President Ingle: I don't see how these student-athletes do it. The student athletes' grade point averages are just tremendous, I think approaching a 3.0, they represent us well. That is what is gratifying. When these men and women go out in the community they represent us well. I am proud when they go out there. Football has just added another dimension, such as more national publicity. It also is directly related to the growth we have had in our music department because the students want to major in music and come to a school that they can be part of a marching band, because some of them want to be band directors. The publicity from the football program has spilled over into the other sports.

Who would you consider as mentor?

President Ingle: Parents, some faculty members. When I am asked that question, not one name in particular stands out that has kind of structured my life. It is a composite, bits and pieces of a lot of people, quite frankly. That is probably the way most of us are. We can think of our parents, and I can think of a former colleague and the way he conducted himself, and a teacher from high school days. A mentor is generally speaking not an individual but a composite picture.

How about the leadership of the university, for example Chancellor Emeritus Dick Singleton is considered to be the father of the university? What is your relationship like with him?

President Ingle: He is part of that composite mentor, his health hasn't been that good this past year, but I still call upon him. He still has an office just down the hall from me, and he still comes in a couple times a week. He was very helpful when I first took this job because he was and still is such a part of this community that I relied upon him for advice on community issues, people, and organizations. He was very helpful in my learning about the community and continues to do this to a degree. He is a very wise person.



Desmond Tutu, the start of football, Joshua Bell-These were all significant events for the university, in some ways shocking for some people to digest that it was here at Coastal Carolina University. What value do these events have for the university?

President Ingle: Huge value, because the presence of people like Desmond Tutu, Joshua Bell and other visitors have put the spotlight on our campus. I was talking to Joshua Bell after his concert and he was just so complimentary of the audience at Wheelwright, and I know performers say this all the time that they feed off of the audience. But he felt that the audience was really with him, unlike another concert he had given several nights earlier at a much larger university. That is a compliment to our university.

What does it feel like during commencement, when all those kids are walking across the stage?

President Ingle: For our faculty to be there, and for students to walk across the stage, particularly those that I have known personally, to see and know their stories and know what it has taken for them to make it there, that is fun. That is why I like the fact that we continue to have every graduate walk across the stage. It is not like the huge universities where you just kind of stand up and sit down. I think no matter how big this institution gets, we will continue to have that tradition.

Describe your family.

President Ingle: I have two sons, and they are very different, they are very close. David and Steven are their names. David through school is the more studious one. Steven tends to be more of a free spirit, but he did well. He did well, and David has heard me say this before, but David is much more of the Merit Scholar and all that, and I don't know how many years it took him to graduate, probably six or over six, but Steven graduated in four and didn't miss a beat and had a pretty good GPA. He was in the right place at the right time at the institution where he went. Judy and I have three grandkids, and we enjoy them. This retirement is going to allow us to be with them a little bit more and allow our daughter in law and son, Maryanne and David, a little down time too. They will be able to drop the kids off with us for a short period of time.

When you have free time on weekends, how do you like to spend it?

President Ingle: I don't have much, but we find working in the yard very relaxing. Because of Judy's career

and both of our schedules we will go a couple of weeks without having dinner together just because she is at something or I am at something or we are at a function together. So retirement is going to mean we will have more time together. Relaxing, but most of the time I am doing something.

You have been part of several U.S. delegations of university presidents who have traveled internationally, including trips to Cuba and South Africa. What has that meant to you and to the institution?

President Ingle: Judy and I enjoy traveling, and we are going to do more of it, and obviously it is going to be more of a personal type travel, but the travels to Cuba and South Africa have just been phenomenal in what I learned and hopefully we were able to carry a message about this institution to the people we talked to. Both those trips were a lot of work, and we didn't have much free time, but they were eye openers. For example, the number one issue in South Africa was AIDS among the faculty, student body and staff, and it was approaching 35 percent. This is not only a factor in that person's health, but the operation of the institution. The faculty members are usually very reluctant to divulge that they have AIDS, which leads to absenteeism and on. It was harder to tell in Cuba. The faculty that we spoke with seemed to be pretty free with their ability to do research; however, the research they were doing was most likely in line with what the Cuban government wanted them to be doing. I was rather amazed with some of the research being done particularly in the Health Sciences. With the infrastructures in that country just crumbling, there is still some fairly substantial work being done.

How would you like to be remembered here at Coastal Carolina University?

Dr. Ingle: I would like to be remembered as someone who was devoted to this institution, to its improvement, to its future. I would like to be remembered as someone who was creative in trying to address the issues that we face because I found that we had to find solutions to those things ourselves rather than rely upon somebody else. I think I will be remembered as somebody who was willing to listen, but was also willing to take a chance on something that I felt would help this institution. I hope to be remembered as someone people could communicate with, whether it is a student, faculty member or staff, who may have had some issues they needed to deal with. That is also one of the most gratifying parts of the job.

SAVOR THE HIGH FIBER SEASON...

by Hayley Weise, RD, Nutrition Department, Conway Medical Center

Choosing seasonal produce is not only a great way to save money grocery shopping, but offers a great opportunity to prepare fresh, colorful, and tasty meals that are packed with nutrition. These low calorie foods have little to no fat, no cholesterol, and are full of antioxidants and phytochemicals which help fight disease. Many of this fall's seasonal favorites include:

Apples	Bok Choy <i>(Chinese cabbage)</i>	Brussels Sprouts
Cabbage	Carrots	Cauliflower
Celeriac <i>(turnip rooted celery)</i>	Collard	Cranberries
Cress <i>(leafy mustard vegetable)</i>	Horseradish	Jicama <i>(legume)</i>
Kale	Kohlrabi <i>(cabbage)</i>	Lettuces
Mushrooms <i>(fall varieties)</i>	Mustard Greens	Onions
Parsley	Parsnips <i>(fleshy root)</i>	Pears
Pomegranates	Potatoes	Pumpkins
Radishes	Rutabaga <i>(root similar to turnip)</i>	Shallots <i>(similar to onion)</i>
Sweet Potatoes	Turnips	Winter Squash

Flavorful autumn produce is filled with vitamins and fiber. Fiber is only found in plant products including fruits, vegetables, beans, nuts, seeds, and whole grains. According to the American Dietetic Association, the typical American eats only about 11 grams of fiber each day—less than the recommended 20 to 35 grams for adults. For children over 2 years old, the number of grams for daily fiber intake should equal their age plus five. Meeting the recommended daily intake of fiber has been linked to many health benefits, such as:

- **Constipation/Hemorrhoids** - Fiber can absorb large amounts of water in the bowels, and this makes stool softer and easier to pass. When stools are easier to pass, less straining may be necessary, helping to relieve hemorrhoids.
- **Heart Disease** - Fiber has been proven to reduce the risk of several contributors of heart disease including high cholesterol, high blood pressure, and excess body weight.
- **Diabetes** - Fiber may slow the absorption of sugar, which may help blood sugar levels.
- **Cancer** - Fiber adds bulk to stool. A large bulky stool may act to reduce cancer-containing agents by moving

them through the bowel more quickly. In theory, the less cancer-containing agents exposed to the colon, the fewer colon polyps and less cancer.

- **Diverticular Disease** - A bulky stool may reduce the pressure within the colon, reducing or stopping the formation of pockets in the colon wall.
- **Gallstones** - Fiber can reduce the amount of bile acid made by the liver resulting in a lower concentration of bile acids in the gallbladder. This may help maintain the solubility of cholesterol so it is less likely to form hard crystals. Fiber also increases movement of stool through the colon, which may reduce the amount of bile acids in the gallbladder.
- **Kidney Stones** - Fiber speeds up movement of substances through the intestine, so there is less time for calcium to be absorbed. Fiber may also help to reduce the calcium in the urine because the fiber combines with calcium in the intestines and leaves the body with the stool instead of through the kidneys.
- **Weight Control** - High fiber foods generally take more chewing which gives the body more time to sense the feeling of fullness making a person may be less likely to overeat. High fiber foods are very filling and often have fewer calories than low fiber foods. For optimum benefits of a high fiber diet, gradual fiber increase over several weeks as well as adequate fluid intake is necessary to prevent constipation.

Autumn offers plenty of fresh produce choices which play a role in a healthy diet. By purchasing produce that is in-season, you can enjoy the health benefits of eating fresh, unprocessed fruits and vegetables. Buying seasonal produce also offers the exciting opportunity to try new foods and experiment with seasonal recipes. The following recipe is a great way to enjoy the delicacies of the season while enhancing your health as well as your taste buds.

BLACK BEAN AND PUMPKIN SOUP

Prep: 10 min; Cook 15 min

- 3/4 tsp. Ancho pepper (red pepper often referred to as chili pepper)
- 3/4 tsp. Cumin seeds
- 10 ounces canned black beans, rinsed, drained
- 2/3 cup onions, chopped
- 2 cloves garlic, peeled
- 1 1/3 cups vegetable broth, or fat-free, reduced-sodium chicken broth
- 2/3 cup water
- 10 ounces pumpkin
- 1/8 tsp. cilantro, finely chopped

1. Heat ancho pepper in dry skillet over medium heat until softened.
2. Remove ancho pepper from the heat and discard veins and seeds.
3. Add cumin seeds to skillet
4. Cook until toasted, about 30 seconds (watch carefully and do not burn).
5. Process Ancho chili, cumin seeds, black beans, onions, garlic, broth and water at high speed in blender until smooth.
6. Transfer bean mixture to saucepan.
7. Stir in pumpkin and heat to boiling.
8. Reduce heat and simmer, covered 5 minutes.
9. Season to taste with salt and pepper.
10. Serve in bowls.
11. Sprinkle with cilantro.
(This soup can also be served chilled)

PER SERVING: calories 103, fat 1.1g, 9% calories from fat, cholesterol 0 mg, protein 5.7g, carbohydrates 20.2g, fiber 6.5g, sugar 7.5g, sodium 331 mg, diet points 1.3

**Recipe courtesy of American Dry Bean Board*

High-Fiber Spinach-Pear Salad

Prep and cooking time 15 minutes

SALAD:

- 3 cups baby spinach, washed and dried
- 3 medium ripe pears, cored but not peeled, and cut lengthwise into slices
- 2 Tbs. crumbled blue cheese

DRESSING:

- 2 Tbs. balsamic vinegar
- 3 Tbs. extra virgin olive oil
- 3 Tbs. orange juice
- Salt, to taste
- 1 clove crushed garlic
- 1/4 cup chopped walnuts

1. In a salad bowl, place spinach, pears and cheese.
2. Whisk together dressing ingredients, except walnuts, and toss with salad
3. Toast walnuts 5 minutes in 325 degree oven
4. Sprinkle walnuts, while warm, over salad
5. Serve

PER SERVING: 243 calories, 17g fat(2.6g saturated), 4g protein, 5.7g fiber, 24g carbohydrates, 93 mg sodium.

**Recipe courtesy of www.USAweekend.com*

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majority... had nothing but good news to report from the far side of 60. Many readers said they find themselves in the prime years of their lives. In fact, one of the most popular terms suggested for the 20 –year span between 60 and 80 was “prime time.”

Your PrimeTimes Center for Active Aging and Retirement, through it’s continuing research, will publish more about Boomers in future issues. For now though, suffice it to say that our findings to date indicate that more people are not going to “hang it up”; many are going to keep working, return to school, get different degrees, start businesses and remain active and productive. Longevity today indicates a person “retiring” at 60 has another 25 to 30 years, and with medical and technology advancement, expectations are that this will increase.

There is some concern now about the availability of people to “backfill” the positions left open by those who do choose to leave one career for another because the population behind the Boomers doesn’t have enough people. Add to that the change in attitudes about working for an employer for 30 years – today’s graduates are preparing and “honing” their expertise and their approach to earning and career will approximate “contracting” their expertise and they may have 5, 6, or more business associations as their “professional” worklife. The opportunities appear to be strong in healthcare, accounting, physical therapy, engineering, finance, insurance, international relations (*Chicago Sun-Times, August 21, 2006*)

So as Coastal Carolina University continues to educate students for these future careers we will witness a lot of social - economic impact from the growing population of 60 – 80 being middle aged and “older” being 80+ and PrimeTimes article will reflect and inform on the dynamics of Active Aging.



SPOTLIGHT ON

SENIOR PEER COUNSELING: THE HISTORY AND THE WORK OF A VOLUNTEER GROUP...

by Julia Woods, Director • P.O. Box 7332, Myrtle Beach, SC 29572 • (843) 626-3991; (843) 448-5396; (843) 448-7074

Senior Peer Counseling (SePCo), a non-profit organization, with the support of the Horry County Council on Aging, was created by Senior Citizens to offer free service to help their peers maintain optimum mental well being and self-directed lifestyles. Senior Peer Counseling (SePCo) was organized in 1996 by Shirla Edwards, a Senior Citizen with a 40 year background in education, peer counseling groups, church organization and charity work. Soon after retiring to the Myrtle Beach, area, she discovered there were many residents in transition who were lonely and confused in trying to adjust to new situations or new surroundings. Thus, she began research that revealed need for a free, completely reliable, one-on-one volunteer program of psychologically sound counseling for persons over fifty in the Myrtle Beach area. This need, coupled with the concept that seniors can be both resources and recipients of volunteer services, led to the organization of Senior Peer Counseling. SePCo's activities include; friendly visits, support groups, as well as one-on-one linking of trained volunteers with other persons over 50 going through the transition of growing older.

Encouragement and acknowledgement by Dr. Bill Davis, founder of a highly respected local volunteer not-for-profit service group, SOS Health Care, Inc., enabled the seed to take hold. Shirla, along with an interracial and

interfaith network of volunteers obtained a grant from the Faith in Action program of the Robert Wood Johnson Foundation.

The Senior Peer Counseling service was launched on May 1, 1997, when the grant became effective, and a small staff of Mental Health professionals was recruited to ensure the program's credibility. The criteria for these positions include; Masters level mental health training, state licensure or license eligibility, plus the requirement that all volunteers and staff are to be older than the age of 50. Two "intake workers" screen potential clients for suitability and a Trainer/Supervisor screens and trains Volunteer Counselors and supervises activities.

This program was modeled after the Center for Healthy Aging in Santa Monica, California that has been in existence for more than 25 years and has spread across the United States. However, our program was the first of its kind in the Carolinas. Senior Peer Counseling provides one-to-one emotional support for the elderly by identifying their needs and making referrals to other community services. Our volunteers are carefully trained and supervised to provide supportive counseling under close supervision of Mental Health Professionals. Training sessions are experiential and include such subjects as Grief and Loss, Effective Communication, ABC's of Counseling and linking with Community Resources. Peer Counselors meet for four hours monthly with a Trainer/Supervisor to review cases and for ongoing education.

The Horry County Council on Aging (HCCOA) has always been an integral part of our program. They have provided office space in the Grand Strand Senior Center with access to telephone, copier, fax, etc. A meeting room for the Loss and Transition and Bereavement groups weekly is also available at the center. With the assistance from HCCOA, Senior Peer Counseling has been providing the much needed critical service to the



senior population through free counseling, healing workshops, referrals, loss and transition, bereavement and continuing education training. The bi-monthly supervision and on-going education sessions are held at the First Presbyterian Church in Myrtle Beach.

There are 12 adventurous men and women volunteers who are working with seniors who are isolated, lonely, grieving or needing help in dealing with life transitions. They come from all walks of life; different socio-economic and racial backgrounds and spiritual focuses. Some are married with children, grand children and great-grandchildren; others never married. Formal education ranges from multiple college degrees to completing several years of high school. One of the most gratifying aspects of the Senior Peer Counseling program is seeing how the lives of the peer counselors themselves are enriched and changed by the training and participation in helping others. Through the world view and client-centered focus, they gain new self confidence and insight. Some go out and start new careers or assume community leadership roles; others obtain university degrees in the Mental Health field.

There are two Training Sessions: (1) a six hour Volunteer Training session which gives prospective volunteers an introduction to the program to help them decide how they wish to participate. Some quickly realize they don't want to be counselors but can help in other ways; (2) a 24 hour Counselor Training session, the most costly part of our program, designed for the

committed and enthusiastic volunteers.

Senior Peer Counseling is providing a much needed service in the Myrtle Beach area because of the rapidly expanding older population who are at high risk for experiencing loneliness, depression anxiety, isolation, or difficulty adjusting to life-transitions such as widowhood, relocation, financial constraints or illness. Due to the high cost of professional services and the low Medicare and Medicaid reimbursement, most older persons never obtain mental health services. For these people, Senior Peer Counseling provides a cost effective means of reaching needy seniors. Our volunteers work with individuals and groups at Senior Centers, Assisted Living facilities, churches, nursing homes, private homes, coffee shops and anywhere they are needed.

Currently, there are 17 individuals visited weekly, 9 Senior Centers/Nursing Homes monthly, 3 Senior Centers weekly, Loss – Transition-Bereavement groups weekly. We are constantly in need of financial support and volunteers. All services rendered by Senior Peer Counselors for seniors are free. In May 2006, we received our 501c3 certification thus making us an independent agency with tax exemption privileges.

Senior Peer Counseling Staff: Veronica Young, Executive Director; Julia Woods, Director; Elizabeth Calley, Program Director; Shirla Edwards, Executive Director Emeritus. Partnering with HCCOA.

SCAMWATCH...

STORM CLEAN-UP SCHEMES CAUSE ADDITIONAL HEARTACHE

*by the Better Business Bureau of Coastal Carolina,
Samantha Hightower, Director of Operations, (843) 488-0238 • P.O. Box 379, Conway, SC 29528*

The National Oceanic and Atmospheric Administration has predicted an active 2006 storm season. With eight to 10 Atlantic hurricanes looming on the horizon, the Better Business Bureau reminds those who experience storm damage to take care when cleaning up.

Natural disasters can bring out the best in people, as strangers reach out to help others in need. Unfortunately, crises also bring out persons who choose to take advantage of victims.

Some of the most common “after-disaster” scams involve home and yard repairs or clean-up. The Better Business Bureau offers the following tips to homeowners who suffer property damage in the wake of a natural disaster:

- Check with your insurance company about policy coverage and specific filing requirements. Save all receipts, including those for food, temporary lodging,

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MOTHERS, DAUGHTERS, AND CAREGIVING (OR, “TAKE MY MOTHER, PLEASE!”)

by Victoria Carey, MSW, LISW-CP

Victoria Carey is a licensed, clinical social worker and owner of ElderChoice Geriatric Consulting Services, LLC. She lives in Myrtle Beach, SC with her senior mother and her young daughter.

My mother fell a few weeks ago. Immediately the guilt and the inner conflict began. Such is the life of a Sandwich Generation Woman; those of us who balance caring for our aging parents and our own family, work, financial and mid-life issues. It was one of those “slow motion” moments when you wish you could stop time. My 78-year old mother was climbing the stairs just as our Yellow Lab Daisy ran down to greet someone at the door. Poor “Nana” flew backward and crashed into the wall at the landing. I thank God that she wasn’t critically injured, but a bruised rib and some skinned elbows were more than I’d ever want her to suffer.

As a Clinical Social Worker, every day I see daughters caring for their senior parents. Our scenario was minor compared to what others go through on any given day. According to the Family Caregiving Alliance, over 20 million adults in the US care for their senior parents. With aging Baby Boomers and longer life expectancies, a woman in our country is likely to spend more years caring for her parent than she spends raising her child to age 18. “There are more people caring for their aging parents right now than there are people caring for their own children,” said Edith Lederberg, of the Aging & Disability Resource Center of Broward County. According to Karl Pillemer, Professor of Human Development at Cornell, when choosing a caregiver aging mothers choose the child they feel closest to and who most closely shares their values. Most often, that child is a daughter.

I love my mother dearly, but she drives me crazy. And I humbly admit that I drive her crazy, too. I sigh as my little girl tells me, “I’ll take care of you when you’re old, Mama. I promise.” She thinks my sighs are doubt-laden, but they’re not. They’re filled with sadness at the

thought that some day she may indeed be faced with that. Would I want her to care for me? Someday, will she be saying “I love my mother dearly but she drives me crazy” too?

Over my 23 years in Social Work, I’ve seen countless families in that situation. Recently, as I watched a woman lovingly care for her once-abusive father, now frail with Alzheimer’s, I pondered the meaning of care giving. Why do we provide care? What makes a woman who was once hurt so deeply by her father now lovingly care for him? At the risk of over-simplifying a very complex issue, I’ve come to believe that there are basically three reasons that people provide care for aging parents. They are the “Three G’s: Guilt, Greed, or Gratitude.”

GUILT

Guilt as a care motivation is different from the common guilt that many of us feel about our families. The relationship may have been strained or abusive. Poor communication, manipulation, control, or passive-aggressive measures may

have been the norm between parent and child. Often the adult child feels “forced” to care for the parent out of this guilt. Some people suffer guilt due to promises which are impossible to keep, like the promise to never put a loved one “in a home.” The caregiver may neglect her own needs, family, or work responsibilities in an effort to assuage the guilt and resentment, caregiver stress, burnout depression are common.

GREED

This motivation usually involves the expectation that the caregiver will either control the finances or “come into



money” when the senior dies. Sometimes this financial need is very real- especially if she has given up her own income to provide care. The obvious danger in this scenario is that the senior’s best interests may be discarded, placing her at higher risk of neglect, abuse and exploitation.



GRATITUDE

Ultimately, gratitude is the preferred motivation for caring for an aging parent.. True love for the parent, a bond, a sense of shared values, a desire to say “thank you” and a wish for him / her to experience a sense of peace in late life are common markers of the “Grateful Caregiver.” Sometimes the gratitude isn’t felt toward the senior, but rather toward a higher power, or a general “attitude of gratitude.” The daughter of the once-abusive father shared that she is grateful to God that she “turned out well” and made her a more loving parent to her own children.

While most of us hope that we’ll never be dependent on others for care, chances are that we may. So, these days as I sigh in response to my daughter’s promise to care for me in my old age, and my mother and I joke about driving each other crazy, I remember that we really are very blessed. My mother can be a role model for positive aging to my child. My daughter is blessed to have her dear “Nana” in her life as she witnesses her mother work in a meaningful career while caring for each of them. Above all, I’m happy to be a “Grateful” Sandwich Generation Woman with them both in my life.

PrimeTimes note: The “Sandwich Generation” Vicky Carey refers to is a home “environment” becoming more common as the “Baby Boomer” generation continues their “wave impact” on society. PrimeTimes is interested in comments about the “Sandwich Generation”.

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or other expenses that may be covered under your policy.

- Although you may be anxious to get things back to normal, avoid letting your emotions get the better of you. Don’t be pressured into making an immediate decision with a long term impact. Make temporary repairs if necessary.
- For major permanent repairs, take time to shop around for contractors, get at least three competitive bids, check out references (of at least a year-old) and contact your local BBB.
- Be wary of door –to–door workers who claim to have left over repair materials from a job “down the street” or who do not have a permanent place of business.
- Be leery if a worker shows up on your doorstep to announce that your home is unsafe. If you are concerned about possible structural damage in your home, have an engineer, architect, or building official inspect it.
- Prepare a written contract agreement with anyone you hire. It should specify the work to be done, the materials to be used, and the price breakdown for both labor and materials. Review it carefully before signing.
- Any promises made orally should be written into the contract, including warranties on materials or labor.
- Never pay for all repairs in advance, and do not pay cash.
- Review all documentation before signing on the dotted line and before making any payment.

Disaster victims should never feel forced to make a hasty decision or to choose an unknown contractor. When in doubt, contact the Better Business Bureau.





COASTAL CAROLINA UNIVERSITY

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SMILE ~ A ~ WHILE



A young Nun who worked for a local home health care agency was out making her rounds when she ran out of gas. As luck would have it, there was a gas station just one block away. She walked to the station to borrow a can with enough gas to start the car and drive it to the station for a fill up.

The attendant regretfully told her the only gas can he owned had just been loaned out, but if she would care to wait he was sure it would be back shortly. Since the Nun was on her way to see a patient, she decided not to wait and walked back

to her car. After looking through her car for something to carry to the station to fill with gasoline, she spotted a bedpan she was taking to the patient. Always resourceful, she carried it to the station, filled it with gasoline and carried it back to her car.

As she was pouring the gasoline into the tank of her car, two men watched her from across the street. One of them turned to the other and said, "I know that the Lord turned water into wine, but if that car starts, I'm going to church every Sunday for the rest of my life".