

# PrimeTimes

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

WINTER 2006-2007

## A NOTE FROM THE DIRECTOR

BY JAN BOWMAN, PH.D.

I want to thank all of you for your continued interest and participation in programs and services that we are able to share with you through the *PrimeTimes* newsletter and the Center for Active Aging and Retirement. Please feel free to call Rocky or me for any suggestions or comments on how we can better serve you.

The following provides a brief summary of the elder abuse forum that we sponsored this past month. A number of new initiatives are being developed as a result of the forum. Please let me know if you would like more information or would like to be involved in future programming on this and related topics.

### ELDER ABUSE: PRIVATE SHAME AND PUBLIC DISGRACE

Each year thousands of seniors are abused or neglected in our state. Governmental studies indicate that fewer than one in 14 are actually reported. This is an unacceptable public disgrace – because things can be done to prevent persons from going through this private shame. That was the purpose of this first public forum on this issue – to put a face on the issue and connect participants resource persons and agencies in the area to go for help.

I want to thank everyone who participated in the preparation and delivery of the Elder Abuse Public Forum that was held in November here at Coastal

*Continued on page 2*

## THE WACCAMAW RIVERKEEPER® PROGRAM:

### *Advocating for the Protection of the Waccamaw River Watershed*

*by Christine Ellis, Waccamaw Riverkeeper®*

*In keeping with PrimeTime readers' interest in the environment, we are pleased to introduce Christine Ellis, the new Waccamaw Riverkeeper®.*

#### MISSION AND HISTORY

In 2001, a grassroots organization of individuals from the Carolinas formed the Winyah Rivers Foundation, a nonprofit 501(c)(3) organization seeking to ensure that the land and water uses in the Winyah Bay Watershed support a high quality of life for all human and natural uses.



*Christine Ellis*

The mission of the foundation is “to protect, preserve, monitor and revitalize the health of the lands and waters of the greater Winyah Bay watershed, focusing on local activism through the Waccamaw Riverkeeper® Program. In serving this mission, the foundation set out to establish a network of “riverkeepers” on all the rivers draining into Winyah Bay in Georgetown, with the first being the Waccamaw Riverkeeper.”

#### THE WACCAMAW RIVERKEEPER®

In August 2006, I took over as the second

*Continued on page 9*

Carolina University. For evaluation results please visit our Web site at [www.coastal.edu/caar](http://www.coastal.edu/caar).

Participants unanimously indicated they received helpful information for themselves or for their jobs. Moreover, there was a strong desire to expand the forum to individual workshops, training sessions, and springboard community wide efforts to address the issue in our area.

The next step in the process is that we are writing a federal elder abuse research grant and meeting with professionals interested in collaborating in this process. Professor Sara Brallier from Coastal's Gerontology Program and I are also developing a short course on elder abuse and will keep you updated on this.

Griswold Special Care also has a corporate self-study guide entitled "Private Shame – Public Disgrace." (Yes, I borrowed the title of their program for the title of above!) Contact Lynn Pierce or Gail Steinfield at (843) 488-2849 for information about this program.

### **LABOR FORCE STUDY**

The Center for Active Aging and Retirement is developing and administering a study of workforce skills and abilities of area residents, including retirees. You will receive information on this survey after the first of the year. Please take the time to read and complete the survey. We want to be able to determine the skill levels of persons living in our area so we can do a better job of promoting the assets of active adults residing in the Grand Strand area for economic development and expansion. Your interest and support of this effort is most appreciated.

### **STUDY GERONTOLOGY IN EUROPE**

The first international gerontology course will be offered May 23-June 18, 2007, in Portugal, The Netherlands and France. In each location, students will attend presentations by gerontology/ geriatrics faculty and interact with their students. In all locations, the language of instruction is English. It concludes with five days at the University of Porto (Portugal), where the students will join the European Union Master of Arts in Gerontology consortium for its summer short course.

Students can earn six credits at either the undergraduate or graduate level. The focus will be the aging of Europe, how it compares to the aging of America, and how different nations are responding to the challenges posed by rapidly aging populations. For more information, contact Professor Billy Hills of Coastal's Gerontology Program at (843) 349-2276.

### **SOUTHERN GERONTOLOGICAL SOCIETY**

Mark your calendars to attend the 28th Annual Meeting of the Southern Gerontological Society in Greensboro, N.C., from April 11-14, 2007. This year's theme is Professionals Exploring Issues, Applications, and Answers in the Field of Aging and is dedicated to research and practice. For more information, please refer to the following Web site [www.wfu.edu/gerontology/sgs](http://www.wfu.edu/gerontology/sgs). ♦



# WRITING INTO REMEMBERING

## *Memoir Writing*

### *Knowing History and Past Eras Through Our Ancestors' Stories*

*By Jaqueline Boyce, teaching associate in the Edwards College of Humanities and Fine Arts, CCU*

*Boyce's series started with the Winter 2006 issue of PrimeTimes and was followed by articles in the spring and summer 2006 issues. Writing is one of her many interests, and she teaches "Memoir Writing" for Lifelong Learning as well as in her CCU classes. In her earlier articles, Boyce makes references to helpful sources such as Lois Daniel's book "How to Write Your Own Life Story" (Chicago Review Press), old letters between relatives saved by later generations, visits to libraries and cemeteries and, perhaps most importantly, remembering conversations. Her previous articles and methods to use for writing, can be reviewed by visiting the Center's Web site at [www.coastal.edu/caar](http://www.coastal.edu/caar) and clicking on PrimeTimes when the page appears. Boyce writes about her family history, recalling conversations and reading letters as illustrative about "remembering" her family. Boyce can be reached at [jboyce@coastal.edu](mailto:jboyce@coastal.edu) or (843) 349-4177.*

Knowing stories about our ancestors can give us a perspective on history and can provide us with a personalized glance into history and bygone eras. I know a lot about the history of North Myrtle Beach and the South Carolina coast from our family stories. My grandfather Horace Tilghman Sr. discovered the South Carolina coast in the 1920s long before the tourist industry developed. He had come to South Carolina as a young man with his brother Charles Tilghman in the family lumber mill business from the Eastern Shore of Maryland. Nostalgic for the Eastern Shore, he had told his timber scouts to be on the look out for similar land with the marsh creek views.

Tourists had yet to discover the beaches in a time when "getting a tan," "bathing in the ocean," and travel were still a bit of a novelty, yet to be discovered by the larger populace. Plus the beaches were not yet a weekend distance away, and the weekend was still a new concept. There was until then the



six-day work week making it hard for the average person to travel for the weekend. My mother recalls her father worrying about what people would find to do with their time when they were going to institute the five day, instead of six day, work week.

My grandfather later bought the property at the end of Little River Neck Road, the old Randall Farm, and later Waties Island, piecing together smaller parcels into larger ones out of his love for the beauty of the land. Fort Randall, a historic fort of Civil War and Revolutionary War history, or rather the circular earthworks that was the original fort site, was part of the Randall Farm site on the bluff overlooking a magnificent panoramic view of Little River Inlet, Waties Island, and Bird Island.

When my grandfather first acquired the old Randall farm, later known as Tilghman Point, on Little River Inlet, a car had not been out the two mile, two-rutted sand road in 10 years. The Randall daughters went to school by boat in Little River, the same way the family shopping was done.

One story is that Andrew Carnegie himself had come ashore once during a bad thunderstorm from his boat and told Mr. Randall that he wanted to buy his beautiful house site. Mr. Randall replied, "Over my dead body." Later my grandfather's timber scouts happened upon the land at the right time when a nearby saw mill was up for sale and Mr. Randall had just died. His widow had been advised by a lawyer friend to sell the place and move to Durham, N.C., so that her daughters could receive a good education and meet nice husbands. My mother was five years old at the time. I

# PHYSICAL ACTIVITY AND FITNESS: IMPORTANT FOR ALL AGES

By Greg Martel, Ph.D., Research Coordinator and Associate Professor, CCU; and  
Stacey Beam, MA, ES, HFI, Laboratory Coordinator, Smith Exercise Science Laboratory, CCU

*This is the first of a five part series on physical fitness for older individuals and the role of the Smith Exercise Science Lab at CCU.*

Although well-established exercise guidelines from the U.S. Surgeon General and the American College of Sports Medicine suggest that Americans participate in 30 minutes of physical activity all or most days of the week, reports from the National Center for Chronic Disease Prevention and Health Promotion indicate that as many as 30 percent of individuals between the ages of 50-64 get no leisure time physical activity on a weekly basis, and for those individuals over 65, that number rises to about 35 percent. Given the rather large number of individuals moving to and/or retiring in the Myrtle Beach region, it's important to communicate to South Carolina residents the importance of utilizing physical activity to combat chronic health conditions such as obesity, cardiovascular disease, type 2 diabetes (also referred to as "adult onset diabetes"), and certain types of cancer. However, there is good news. Data from renowned research institutes such as the Cooper Aerobics Institute in Dallas and Harvard University have consistently shown that we can greatly reduce our risk of developing conditions such as these by making even small increases in our physical fitness through the addition of physical activity such as walking, swimming, or riding a stationary bike. Surprisingly, the greatest health benefits appear to occur when someone alters their completely sedentary lifestyle to one that includes even a small amount of regular physical activity.

"Physical fitness" is a term that has been defined many ways and, therefore, can be confusing at times. One may typically think of factors such as speed, power and agility when trying to define physical fitness, and this would not be incorrect. However, the Smith Exercise Science Laboratory on the Coastal Carolina University campus

prefers the definition of physical fitness put forth by the Centers for Disease Control and Prevention, which states that physical fitness is "a set of attributes that people have or achieve that relates to the ability to perform physical activity." These attributes include cardiovascular fitness, body composition, flexibility, muscular strength and muscular endurance. Although these components relate to the ability to perform physical activity, they are also strongly linked to a number of other health-related conditions, such as blood pressure, cholesterol levels, bone mineral density, balance, risk of falling and depression. Over the next four issues, we will discuss in more detail the increased importance of these health-related fitness components as we get older, and describe how the Smith Exercise Science Laboratory at CCU can assist with the assessment of these health-related fitness components and the development of an individualized physical activity program.



Currently, the Smith Exercise Science Laboratory uses sophisticated state-of-the-art equipment to provide the Coastal and surrounding communities access to the best available physical fitness assessments. All assessments are

conducted by or under the direct supervision of experienced faculty members, and since the mission of CCU includes the delivery of educational and community service opportunities, we are able to provide the Community Fitness Testing Program at very reasonable costs. The program is designed to provide both beginning and advanced exercisers a picture of their health-related physical fitness in order to make safe and scientifically-based modifications to one's physical activity habits. As such, participants may choose one of three testing options depending on current level of fitness as well as individual needs and goals.

If you are interested in beginning or making changes to your current physical activity program, a fitness assess-

*Continued on page 9*

# StepUP!

a community  
volunteer network

*By Diane Klebanow, StepUp! Program Manager at CCU Foundation Center, 843-349-6488*

Improved living conditions and advances in technology and medical sciences mean that today, people are living healthier, longer lives than ever before. Today, one in six Americans, or 44 million people, is aged 60 years or older. In 2011, the first wave of the 78 million baby boomer generation will turn 65 and, on average, can expect to live to 83.

Today's older adults are redefining a new stage of life to reflect the health, vitality and possibilities ahead of them. With a lifetime worth of experiences and knowledge, these older Americans embody a powerful and growing resource for our nation. Volunteer service allows America's older population – the people who have the time, skills and experience required – to contribute to America's social capital by helping to resolve critical and unmet needs in their communities. StepUp!, a community volunteer network, was created with the goal of engaging all Grand Strand residents in meeting critical needs through volunteer civic service.

Every day across the country, older adults of varying age, ethnicity and racial groups give their time, talent and experience to better their communities. Increasingly, older adults view retirement not just as a time for leisure, but as a time to give back to society and connect with the causes that matter to them most. According to Independent Sector, 44

percent (26.4 million) of all people age 55 and over volunteer at least once a year, many more frequently. These volunteers give an average of 4.4 hours per week to causes they support totaling approximately 5.6 billion hours of their time – totaling a value of \$77.2 billion to nonprofit organizations and other causes in this country.

From tutoring underserved youth to building homes for needy families, from providing hospice care to providing expertise to help local nonprofits develop new programs, older Americans are making a difference in every aspect of our community. Today's older adults pursue a wide range of volunteer opportunities including serving through local Volunteer Centers, such as StepUp! or through other community organizations, educational institutions and places of worship.

The contributions of older Americans to their communities and neighbors are invaluable. Their volunteer service can enhance the ability of public and private agencies to achieve their missions and meet critical community needs. However, volunteering also benefits the volunteer in direct and meaningful ways. In addition to the sense of satisfaction and personal fulfillment that volunteers gain from giving their time and talent to help others, volunteering builds con-



*Continued on page 11*

# SPOTLIGHT ON

## ELDER ADVOCATES OF SC, INC.

by Reagan Callahan RN, BSN, CCM, GCM • 1306 Ninth Avenue, Conway, S.C. 29526 • (843) 488-0767

Elder Advocates of SC, Inc., is a private geriatric case management company dedicated to assisting seniors to remain independent in their homes. We specialize in identifying and coordinating local resources to provide the finest in medical and ancillary services for seniors in our community. The company is owned and operated by Reagan Callaghan who has been a registered nurse for more than 25 years and a certified case manager for seven years. The growth of the retirement population in the Myrtle Beach area as well as her personal experience with long distance care giving prompted her to form this company in 2004.

When deciding to seek help from a geriatric case manager, it is recommended that individuals and family members of aging parents meet with the case manager prior to contracting their services. Your case manager should be thoroughly screened to insure that you are working with a qualified professional. Some of the questions to ask a perspective case manager are: (1) what are your professional credentials, (2) are you licensed and in what field, (3) are you a member of the National Association of Professional Case Managers, (4) what is your method of communication, (5) how many case managers will be working with me, (6) what are your fees and how will I be billed, and finally, be sure to request itemized billing for all services that are supplied to you.

The case manager you choose should be in complete compliance with the new HIPPA guidelines and medical confidentiality policies and procedures to protect you and your family. Do not hesitate to ask for references and be sure to follow up and check those references. It is also important to request that you see proof of licensure or certification of the case manager you are interviewing. The documents that every case manager should require you to sign at the beginning of your contract include the initial contract and some form of medical release or HIPPA release. Many case management companies will require an initial down payment to begin services. Be sure to determine exactly what your initial payment is being placed towards. Your choice of a case manager is a difficult and intensely personal matter. It is imperative that you do the research to insure that

you have a qualified professional working for you or your loved one.

Elder Advocates has a unique approach to each patient that requests services. Our services are tailored to specific requests and needs of each of our patients. In many instances we become the "point person" for our patients and act as the go-between with family members, physicians, insurance companies and health care companies. There are so

many occasions that one physician treating a patient is unaware of the treatment being prescribed by another physician for the same patient. This can be dangerous and often counter-productive in maintaining an individual's health.

Also many times there are multiple concerned family members and friends that live locally or out of state. The task of keeping everyone up to date with current treatment plans and progress with recovery can be quite tedious for individuals trying to convalesce. Elder Advocates can assist with keeping all authorized family and friends up to date with an individual's health status. Managing ancillary services in your home when you are recovering also presents certain challenges for patients who are already under a great deal of stress. We can assist with billing and personnel issues if the need is present. These are just a few examples of some of the services offered at Elder Advocates of SC, Inc. Please visit our Web site at [www.elderadvocatesofsc.com](http://www.elderadvocatesofsc.com) for further information. We can also be contacted locally at (843) 488-0767. Elder Advocates of SC is also listed in the Senior Services Directory. Go to [www.coastal.edu/caar/srsvservices](http://www.coastal.edu/caar/srsvservices) then click on Organization Index and find Elder Advocates. ♦



*Reagan Callahan*

# ELDER ADVOCATES OF SC, INC.

## *Enhancing the Gift of Independence*

Elder Advocates of South Carolina, Inc., is dedicated to identifying and coordinating local resources to provide the finest in medical and ancillary services for seniors in our community. Our focus is on the client with emphasis on blending family, healthcare professionals and the local network of services in the community to assist in planning for successful aging in place.

There are numerous warning signs and behavioral changes that may indicate you or a family member would benefit from our services. Do you recognize any of these warning signs?

- Frequent falls with or without injury
- Recent weight loss or gain
- Difficulty seeing or hearing well enough to communicate
- Unexplained bruising
- Anxious or depressed
- Loss of ability to drive independently
- Unable to clearly explain or describe things or events
- Increasingly isolating behavior
- Experienced the recent death or loss of a spouse, child, partner or significant caretaker in the community

The plan for successful aging begins with identifying the pertinent issues affecting an individual's safety and health status. This identification can be done methodically through a comprehensive health and home safety assessment. Once completed, a plan is designed and implemented for the client and the family. The assessment can serve as a valuable resource for

the client and family members to insure all legal and health care wishes are documented in the event of a health crisis. Elder Advocates can tailor our services to your specific needs and request. Other services that we offer include but are not limited to:

- Scheduled home visits, phone contact and communications with all service providers
- Facility searches, facility nursing assessments of clients, and/or facility review
- Weekly medication management and review
- Accompany clients to appointments with health care providers to ensure medical information is being provided to all of the involved health care professionals (i.e., physician, dentist, therapist)
- Coordination of transportation for all needs
- Coordination of ancillary services (i.e., home health aides, pharmacy, shopping, cleaning and home maintenance)
- Act as a liaison between the client, healthcare professionals and family members
- Assist with future urgent care needs, hospitalizations and discharges
- Provide resources for financial and legal concerns for the client and the family
- Medical insurance issues and inquiries

1306 Ninth Ave.  
Conway, South Carolina 29526  
Telephone (843) 488-0767 • Fax (843) 488-0863  
[www.elderadvocatesofsc.com](http://www.elderadvocatesofsc.com) ♦

## *Events* AT CCU

The CAAR invites you to stay up-to-date about Coastal Carolina University cultural, athletic and other informational or entertainment events by viewing the **Calendar of Events** on Coastal's Web site: [www.coastal.edu/calendar](http://www.coastal.edu/calendar).

Some examples of coming events are:

- Friday March 2, 7:30 p.m.  
Sandi Patty Concert
- March 6, 7:30 p.m.  
Carmina Burana,  
CCU Band, CCU Concert Choir
- March 17, 7:30 p.m.  
Carolina Master Chorale
- April 20, 7:30 p.m.  
Pop 101 Concert
- April 23, 7:30 p.m.  
CCU Symphonic Band Spring Concert

## INFORMATION FOR VETERANS AND VETERAN'S FAMILIES

There is now a Web site for veterans to get information about their military personnel records. The National Personnel Records Center (NPRC) has this website and the address is <http://vetrecs.archives.gov/>. This Web site may be helpful when a veteran needs a copy of his or her DD-214 (separation from service) record for employment or other purposes.

NPRC is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use this new online military personnel records system to request documents.

Other individuals with a need for documents must still complete a form, Standard Form 180, which can be downloaded from the Web site. The Web site was designed to provide better service on records requests by eliminating the records center's mailroom processing time.

*PrimeTimes* staff has visited the Web site and asked for infor-

mation on military service and received a form for additional information and a return envelope (not stamped) to return in less than one week. The correspondence stated an inability to locate a record with the information provided in the original inquiry.

There were some other possible reasons given for the inability to send the information such as a fire in July 1973 that destroyed millions of records at the NPRC. The records stored in the area which suffered the most damage from the fire were those of:

- Army veterans discharged or deceased between November 1, 1912 and December 31, 1959.
- Air Force veterans discharged, deceased or retired before January 1, 1964, whose names come alphabetically after "Hubbard, James E."

The National Personnel Records Center, Military Personnel Records is located at 9700 Page Avenue, St. Louis, MO 63132-5100. ♦

### *We want to hear from you!*

If you have comments or questions about articles in this issue, want to submit a Letter to the Editor, ask a question or make a comment, or if you would like to suggest appropriate subjects for consideration in future issues of *PrimeTimes*, the *PrimeTimes* staff wants to hear from you. Previous *PrimeTimes* newsletters are available on our Web site: [www.coastal.edu/caar](http://www.coastal.edu/caar). If you want to be added to the *PrimeTimes* mailing list, just call, fax or write to let us know.

#### **Location:**

The Center for Active Aging and Retirement  
CCU's Foundation Center, room 313  
2431 U.S. 501E  
Conway, South Carolina 29528

#### **Mailing address:**

CAAR - Foundation Center  
Coastal Carolina University  
P.O. Box 261954  
Conway, SC 29528-6054

Mail can be sent to the attention of Jan Bowman, director, or Rocco Cartisano, associate director

#### **E-mail addresses:**

[jbowman@coastal.edu](mailto:jbowman@coastal.edu)      [kcaulfie@coastal.edu](mailto:kcaulfie@coastal.edu)  
[rockdot@coastal.edu](mailto:rockdot@coastal.edu)      [caar@coastal.edu](mailto:caar@coastal.edu)

#### **Telephones:**

Janette Bowman, director, (843) 349-4115  
Rocco Cartisano, associate director, (843) 349-4116  
Kathy Caulfield, (843) 349-6531  
FAX, (843) 349-4122

### *A PrimeTimes Apology!*

The Fall issue of *PrimeTimes* "Special Edition" was received by everyone it was intended to reach – that is, it arrived at the proper mailing address. However, and much to our chagrin, something in the process went awry. First names were incorrect on some newsletters arriving at the proper address; she's were he's; he's were she's; and couples' first names did-

n't correspond with the last name, although in a couple of instances one of the couple's names was correct (sheer coincidence)! It appears that in the process the first names column "dropped" six lines but the balance of the information remained in place. For this error, we sincerely extend regrets and believe we've addressed the problem. ♦

Waccamaw Riverkeeper. I have a master's degree in environmental management and a bachelor's in zoology. The majority of my career has been in the environmental field, focused on implementing environmental laws and regulations, identifying areas of environmental improvement and helping companies understand the role they play in protecting the environment. Most recently I have enjoyed teaching biological and environmental science courses as an adjunct professor at Horry-Georgetown Technical College and Coastal Carolina University.

### **THE WACCAMAW RIVERKEEPER® PROGRAM**

The Waccamaw is a beautiful black water river that has its headwaters around Lake Waccamaw in North Carolina. It travels more than 140 miles through North and South Carolina before emptying into Winyah Bay and the Atlantic Ocean near Georgetown, draining an area of about 1,110 square miles of coastal plain in the two states. Much of the land is forest or forested wetland; however, the percentage of watershed land remaining in a relatively undisturbed condition is declining.

The Waccamaw River has many beneficial uses: drinking water, recreational fishing, water sports, tourism, species habitat and aesthetics. Pollution and development of the lands threaten these uses. Losses of wetlands, and their natural ability to remove pollutants, exacerbate these problems.

As the Waccamaw Riverkeeper, it's my job to advocate for the ecological, social and economic health and integrity of the Waccamaw River watershed, including:

- educating the public regarding our work;
- increasing commitment to our mission;
- recruiting, training and maintaining a motivated volunteer network to serve as the "eyes and ears" of their local communities;

- maintaining an on-the-river presence to investigate pollution sources and support monitoring efforts;
- coordinating with governmental and non-governmental organizations to stay abreast of actions affecting the watershed.

### **THE FUTURE**

Each waterbody has its own unique challenges and the Waccamaw River is no exception. Protecting and preserving it will require a team of people dedicated to that goal. It's a community-based approach we must take to protect this watershed. We must work collaboratively to understand and address the issues that affect our watershed. We own the problems. We own the solutions. And, as local stakeholders, we can identify locally relevant solutions that take into account our community's unique social, economic and environmental conditions and values.

As I take on my new role as advocate for the protection of the Waccamaw River, I look forward to working closely with those who love the Waccamaw River and want to protect and preserve our natural heritage for themselves and future generations to enjoy.

You too can join this mission. Support the Waccamaw Riverkeeper Program. Become a member. Become a volunteer. Together we can build a strong base of local support for the protection and preservation of the Waccamaw River watershed! Won't you join me?

*Ellis is resident in CCU's Marine and Wetland Studies and can be reached by e-mail at [wrk@coastal.edu](mailto:wrk@coastal.edu) or by telephone (843) 349-4007. ♦*

---

### ***Physical Activity and Fitness: Important for All Ages . . . continued from page 4***

ment would be a great way to learn about your current health-related fitness. In order to ensure safety, certain restrictions and pre-testing requirements (such as acquiring physician's clearance prior to activity) may apply based on your age and current health status. For more information, or to arrange a fitness assessment, please contact the Smith Exercise Science Laboratory directly or visit our newly updated Web site. It's never too late to

start exercising! Are you ready to make a change for the better? ♦

*The Smith Exercise Science Laboratory is located at CCU in Williams-Brice 101; (843) 349-2807 [www.coastal.edu/hper/exercisefitnessTesting.htm](http://www.coastal.edu/hper/exercisefitnessTesting.htm)*



## PRIME TIMES TIDBIT

*A PrimeTimes Tidbit - another piece of computer "skill" that came across our desk.*

### MAKING IT EASIER FOR YOU TO READ THE FINE PRINT

This is for everyone who gets those e-mails or "stuff" that has such small print (especially in the early hours) or for when our eyesight might not be what it used to be.

If you hold down the Ctrl key on your keyboard and turn the small wheel in the middle of your mouse, the print size will change - it will either get larger or smaller - depending on which way you turn the wheel.

We hope you find this "tidbit" helpful - Show off this new knowledge to your friends who may find it useful. We're glad we found out about it! ♦

*Bookmark this!*

**SENIOR SERVICES DIRECTORY**  
**[www.coastal.edu/caar/srservices](http://www.coastal.edu/caar/srservices)**



*StepUp! . . . continued from page 5.*

nections between the volunteer and the community. Particularly for older adults, volunteering helps bring people together and strengthens the bonds of mutual support. For a newly relocated retiree or a part-time resident of the Grand Strand, this can be an important stepping stone in establishing ties to the community and making new friends.

Increasingly, more older adults anticipate working in their retirement years, and volunteering provides a great way for these adults to keep their skills current or gain new skills that make them more marketable. According to a 2002 survey conducted for Civic Ventures, 59 percent of older Americans see retirement as “a time to be active and involved, to start new activities, and to set new goals.” Just 24 percent see retirement as “a time to enjoy leisure activities and take a much deserved rest.” More than half of the respondents (56 percent) say civic engagement will be at least a fairly important part of retirement (Peter D. Hart Research Associates, “The New Face of Retirement: An Ongoing Survey of American Attitudes on Aging,” San Francisco: Civic Ventures, 2002).

Furthermore, in addition to the sense of satisfaction and

personal fulfillment that volunteers gain from giving their time and talent to help others, older adults who volunteer may also be contributing to their longevity. Research studies indicate that, especially for older adults, volunteering offers very real personal, physical and emotional benefits. Older adults who volunteer have fewer medical problems than the older population in general, as volunteering keeps them physically active. Older adults who engage in physical activity, whether moderate or intense, have lower incidences of heart disease and diabetes and are at lower risk for other cardiovascular diseases. Volunteering also keeps the brain engaged, which helps protect the memory as we age. Thus, volunteering helps older adults stay healthier, live longer, and contributes to a better quality of life for you and those you help in your community.

Recognizing our large population of talented and skilled residents who have life, professional and volunteer experiences to share, StepUp! wants to match you to the volunteer role that fits your time, talents, and schedule. Please contact us at (843) 349-6488 or log on to [www.stepup-grandstrand.org](http://www.stepup-grandstrand.org) for more information and to find the right opportunity for you! ♦

---

*Writing into Remembering . . . continued from page 3.*

grew up knowing that the Tilghman Beach property (later developed by my Tilghman cousins) had originally been purchased as the duck pond hunting property by my great grandfather Horace Tilghman Sr. and his brother Charles Tilghman Sr. in the 1920s. This was when the farmers still threw in the ocean front with land purchases with inland acreage since it was “worthless for farming.”

When I grew up coming to our family place on Little River Inlet in the '50s and '60s, the public beaches were by then a reality with good roads to stores, entertainment and hospitals – not like in the days of my mother's childhood when her family lost many a car driving out through the swashes at low tide along the beach front to Myrtle Beach before there was a North Myrtle Beach. In the early '60s, our family built a causeway to Waties Island, opening up the naturalist world of the island to our everyday enjoyment. Prior to this we'd been limited to an occasional boat trip (all day outing) over there once or twice a summer when motorboats, not in everyday use, were not very reliable. And now that we've grown up in our family loving a natural, undeveloped barrier island (in its pristine natural state the way all beaches used to be), we can wonder at our own childhood ideas of

envying people with homes at the “public beaches,” where they could go swimming anytime and where the popsicle trucks would come by their houses daily, and later as young teenagers where they had easy access to the Pavilion.

Someday our children will be telling their children what it was like before there were high rises blocking the ocean breeze and view for everyone else at the beach, and what it was like when there were still trees for shade and beauty, and what it was like to know the people in your community at the beach and know where they were from.

Already from the period of the '50s, when my Tilghman cousins were struggling to develop Tilghman Beach, only to be set back by Hurricane Hazel in 1954, losing their oceanfront home and their newly built peer, to these days of overdevelopment, it seems hard to believe that beach property ever had to be discovered. It also amazes me that many people I've met over the years in association with Tilghman Beach have informed me that their family bought the “second” or “fourth” lot ever sold at Tilghman Beach – that there was a time when those numbers could be known and were significant. ♦



COASTAL CAROLINA UNIVERSITY

*Center for Active Aging and Retirement*

P.O. Box 261954 • Conway, SC 29528-6054

# PrimeTimes

WINTER 2006

# PrimeTimes

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

WINTER 2006-2007



## SMILE ~ A ~ WHILE

Technology Helps – A gentleman had been having serious hearing problems for quite a while. He went to a doctor specializing in the latest hearing assist technology who was able to have him fitted with a very small hearing aid that allowed the gentleman to hear 100%. After a month, the gentleman

went back to the doctor, as required, and the doctor said, “Your hearing is perfect. Your family must be really pleased that you can hear again.” The gentleman replied, “Oh, I haven’t told my family yet. I just sit around and listen to the conversations. I’ve changed my will three times!” ♦

*PrimeTimes recognizes that there's always room for a smile - occasionally even a laugh out loud - among the serious topics we address. If you have a humorous story about the lighter side of just passing another of maybe quite a few birthdays, send it in and we may publish it in future issues of the newsletter.*