Welcome to the CSAAR’s “Prime Times”

Coastal Carolina University’s Center for the Study of Aging and Active Retirement (CSAAR, pronounced “see-sar”) is pleased to welcome readers to its new newsletter, Prime Times. We hope this will prove to be an informative and useful tool for older adults and retirees all across the South Carolina Grand Strand (Horry and Georgetown counties). Prime Times is planned to be a bimonthly or quarterly publication, depending on the responses of you, our readers.

This newsletter is intended to serve three primary purposes: (1) to establish a good working relationship between the Center and the some 45,000-50,000 older adults and retirees call the South Carolina’s Grand Strand home; (2) to provide information about educational, informational, cultural, recreational and other opportunities available to Grand Strand seniors that will help make their lives more active, rewarding and enjoyable; and (3) to keep seniors in our region apprised of Coastal Carolina University and Center activities and events that readers may want to participate in.

The CSAAR staff is convinced that older adults and retirees constitute a major and rapidly growing resource that will help shape the economic and sociocultural future of our region. In turn, the university is a powerful resource providing many varied opportunities for increasing seniors’ quality of life; think of Coastal Carolina as the best local distributor of intellectual and cultural stimulation. The Center wants to play a key facilitative role in bringing the senior community and the university together, and to serve as the largest and most useful information resource center for issues and opportunities of interest to seniors in our area. As such, the CSAAR will partner with community organizations, agencies and businesses that serve older adults and retirees in an effort to help improve both the quantity and quality of those services.

The Center has spent most of its first year of operation studying the present status of the relationship between the senior community and the university. We conducted a survey of the university’s faculty and found that although there are many regular courses, short courses, and cultural, informational and recreational events that should be of interest to seniors, not many older adults are taking advantage of those opportunities. By far the best example of seniors’ participation in campus activities was the approximately 2,200 seniors who took one or more short courses from CCU’s Continuing Studies program. Both the senior community and university would benefit greatly if participation continues to grow.

We also completed a comprehensive study of the interests, activities and needs of older adults and retirees on the Grand Strand last spring. (See the “Why Seniors Retire to the Grand Strand” article on page two for the first installment on those results.) Not unexpectedly, we found today’s seniors to be more active, more affluent, and more involved in the community than previous generations. We also confirmed that although many seniors’ interests overlap with university activities, relatively few seniors take advantage of those opportunities, primarily due to a lack of information about what the university has to offer and difficulties in commuting to the Conway campus. The CSAAR Prime Times newsletter will endeavor to close that communication gap by providing timely information about informational, cultural, recreational and sporting events and classes for calendar planning. To decrease commuting problems, the university is expanding offerings at its satellite centers in Myrtle Beach, Georgetown and its new center in Litchfield/Pawleys Island. Hopefully, these developments will help to increase and improve the university’s relationship with seniors beginning this very year.

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Ask Your Friendly Neighborhood Gerontologist

The CSAAR and Coastal Carolina University have several gerontologists – experts in the subject of psychosocial development in older adulthood – on their faculty. If you have a question about any aspect of aging, please ask and we’ll try to find an authoritative and useful answer for you and print it in the next issue of Prime Times. Feel free to identify yourself or submit your question anonymously, as you prefer. But note that gerontology is not the same scientific field of study as geriatrics – which is the medical specialty dealing with diseases of older adults. Thus, we cannot and will not dispense medical advice in this column. We hope to hear from you soon.
Why Older Adults Retire to the Grand Strand

Every year local chambers of commerce, resorts, hotels, restaurants and other businesses spend hundreds of hours and millions of dollars devising advertising and other solicitations to encourage tourists from other parts of the country to spend their vacation time and money here on the South Carolina Grand Strand. Still more funds are spent trying to attract businesses and industry to relocate or expand to Horry and Georgetown counties. But although retirees are far more important to the long-term growth of our area, far fewer hours and dollars are spent trying to attract them. According to one recent study, a retiring couple has more than three times the economic impact than the average new job creates. Simply put, retirees spend more and cost less than any other type of resident, and they are therefore more economically desirable for the area than even tourists or new workers.

Although states like Florida and California still attract by far the most retirees, the Carolinas are gaining ground quickly, with South Carolina now comfortably ensconced in the top ten retirement states year after year. Within our state, the mountains and coast are easily the most popular retirement destinations, and we in the Grand Strand attract far more than our share. People aged 55 and above already make up some 45,000-50,000 residents here, with the numbers increasing annually. And the mass influx of retiring “baby boomers” expected by around 2008 hasn’t even been felt yet!

An important question for local businesses and residents alike is why do so many retirees – mostly from the Middle Atlantic, New England and Midwestern states – choose to retire on the Grand Strand? Thanks to a major study conducted by Coastal Carolina University’s Center for the Study of Aging and Active Retirement (CSAAR), we now have definitive answers to that question.

In the spring of 2004, CSAAR surveyed more than 1,000 Grand Strand residents aged 55 and above. Over 90 percent of respondents were in-migrating retirees who have lived here for an average of 10.74 years and who provided a clear picture of what drove their major life-changing decision to relocate here. Many of their answers were predictable, but their thinking was not without some significant surprises.

One survey question was, “What were the three most important factors that made you decide to move to the Grand Strand area?” It should be noted that respondents formulated their own answers in their own words. They were not choosing from a pre-selected or pre-sorted list of options, so we can have confidence that the following results reflect their actual decision-making priorities. Also, since each respondent could list up to three factors, the total percentages reported exceed 100 percent of the people answering the survey.

By far the most important single factor – reflecting the priorities of an impressive 82.8 percent of respondents – was our weather. Most people who commented said they were looking forward to better year-round weather, especially warmer winters with less snow. Second to the weather, 44.7 percent said they wanted to be close to the beach and ocean. They didn’t necessarily want to live directly on the beach, just be close enough to avail themselves easily of the beach and the ocean’s recreational pursuits.

Third at 39.6 percent came a group of economic factors, including lower cost of living, cheaper housing, and lower taxes than their home states. In-migrating retirees expect to improve their standard of living for the same costs by moving south. Fourth at 27 percent was being closer to family or friends. Many respondents commented that they were following parents and other members of their older generation in relocating to this area. Fifth – despite their prominent place in the advertising for this region – was access to the Grand Strand’s approximately 120 golf courses. Only 23.7 percent of survey respondents prioritized golf in their decision to move here.

Sixth at 15.6 percent were recreational amenities other than golf, which would include the area’s wide range of attractions and amusements. Such venues apparently are much more important to tourists than new residents. In seventh place with 13.8 percent was the Grand Strand lifestyle, which most described as slower and more relaxed but still active. Tied for eighth place with 13.2 percent were the natural beauty and ecology of the area, and our area’s location. While our survey did not assess how many “half-backs” we polled – i.e., northerners who initially retired to Florida but moved here to be half way back to their old friends and family – many respondents did acknowledge continued on page 4
10 keys to smart aging

NOTE: This is the first in a series of 10 articles on maintaining and even enhancing one's intellectual abilities despite advancing age, based on very encouraging recent scientific research. The series will continue with one installment in each of the next nine issues of CSAAR’s Prime Times, and your questions or comments on this or any other article are welcome by telephone, fax, e-mail or as Letters to the Editor.

For most of the history of humankind, a pattern of both physical and intellectual decline in older adults has been accepted as a natural and inevitable part of aging, the price one paid for living a long life. Informal observations and “common sense” told us that our mental abilities developed during childhood and adolescence, continued to increase through young adulthood, reached a plateau and leveled off at some point during middle age, then began to decline at an increasing rate during older adulthood, continuing downward until death. This “decremental view” of aging – emphasizing the loss of abilities in the later years, a period called “senescence” – gained both popular and apparent scientific support throughout most of the 20th century. Our culture even developed special words to refer to this cognitive loss in old age, from the scientific “senescent memory dysfunction” or “dementia,” to popular terms such as “addled,” “dotage,” or “absent-mindedness.”

One of the most important and exciting findings of better and more recent scientific research in psychology, biology and various medical fields is that this decremental view of inevitable senescence is almost certainly wrong. Beginning with the first truly scientific research on the human mind and its functions in the 1950s – called the “cognitive revolution” – and continuing with the rapidly increasing sophistication of brain biochemistry research up to the present day, the preponderance of evidence attests that senescence is neither natural nor inevitable. Most people can and should maintain their intellectual functions and abilities throughout their 60s and 70s, even into their 80s and beyond. How can this much brighter picture be reconciled with cons of contrary “traditional wisdom” on the subject? Here’s how.

Although humans possess a wide range of intellectual skills and abilities, one useful way of conceptualizing such functions is by dividing them into “fluid” and “crystallized” intelligence. Fluid intelligence represents the intellectual skills we use to learn, remember and apply knowledge, in every situation from formal education to our daily routine. Crystallized intelligence represents the totality of knowledge and cognitive skills we’ve developed and accumulated over our lifetime. In short, fluid is the cognitive machinery; crystallized is the cognitive content.

Scientific research is now virtually unanimous in telling us that fluid intelligence does, in fact, follow that decremental pattern of development and senescence we discussed earlier. Our learning and memory abilities, for example, increase up until middle age, then gradually decrease in speed and efficiency thereafter. But that is hardly the entire picture where intellect is concerned. That same scientific evidence shows that crystallized intelligence continues to grow throughout our lives, well into our advanced years, and that wealth of knowledge and skills can more than offset the gradual slowing and inefficiency of cognitive functioning, leaving us with a net increase in intellectual abilities in older age. This is now called the “incremental” view, since overall intellectual abilities continue to increase throughout life.

The bottom line is that it is possible to maintain and even increase one’s intellectual functioning in far more advanced years than was previously thought possible.

Still, the fact remains that some older adults remain intellectually sharp, and others do not. A critical and very practical question is, what determines those differences? What can you or I do to be on the good side of that equation? Or in other words, what does one have to do to age “smartly”? The scientific discoveries that constitute “smart aging” are what this series of articles is about, so let’s get started with some specifics.

> Principle 1: Maintain an involved and engaged lifestyle in one’s community. One myth about older adulthood is that once one finishes one’s career work and retires, it’s time to cut the connections to our previous productive lives and “put ourselves out to pasture,” i.e., live a life of solitary leisure until we die. Nothing could be less smart. Although modern American culture doesn’t honor its elders and make an important place for them in the social fabric as other cultures do, retirees and older adults still have many opportunities for involvement in the mainstream of community life.

An underlying theme pervading all 10 keys to smart aging can be stated as “use it or lose it.” Our brains are much like our muscles in that they must be continuously stimulated and exercised to maintain their effectiveness. When it comes to retirement, smart older adults use their accumulated life’s

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Each issue of *Prime Times* will feature an outstanding local agency, business or organization serving older adults and retirees on the Grand Strand to illustrate the range of services available in the area. If you would like to nominate a facility for this feature – or if you are in an organization that would like to be featured – we want to hear from you!

Incare Home Health and Hospice is part of the Medical Services of America Corporation (MSA). We are considered to be a “one-stop shop” for a wide range of healthcare needs of senior citizens and others. Our services include home health, hospice, durable medical equipment, I.V. therapy/infusion services, Med Express for diabetic supplies with home delivery, and cardio-diagnostics. Incare has been providing community-based health care services to Grand Strand (Horry and Georgetown counties) patients in their homes under the direction of each patient’s personal physician for more than 20 years.

High quality services are Incare’s first concern. We are one of only a few facilities in this region to be accredited by the Joint Commission on Health Care Organizations (JCAHO), and all of our healthcare service providers are licensed or certified. Incare is also participating in the statewide South Carolina Quality Improvement program, through which we have received an award by the Carolina Medical Review for significant improvement in the status of surgical wounds.

Direct patient services available through Incare Home Health include nursing (including wound-oscopy, continence and psychiatric mental health nursing), physical therapy, occupational therapy, speech therapy, medical social work and personal care services provided by home health aides. Additionally, sister companies within the MSA provide medical equipment, infusion, respiratory supplies and cardio-diagnostic services, to list just a few.

Incare’s Hospice program provides care for patients with life-threatening or terminal illnesses. These services also include nursing (wound-oscopy, continence and psychiatric mental health nursing), home health aide/homemaker, speech, occupational and physical therapies, respite care, medications related to the hospice diagnosis, and hospital equipment such as beds, wheelchairs, bedside commodes and other items. Non-denominational spiritual care and emotional/bereavement counseling are also available. In addition, we have social workers to assist with financial concerns and planning, as well as obtaining needed assistance and resources, and a dietician to consult with patients and their families.

Incare accepts Medicare, Medicaid and most private insurance for the provision of services, equipment and some medications, and we are available to patients and families 24 hours a day, seven days a week, including weekends and holidays. For further information on Incare, or to make an appointment for services, contact: Incare Home Health and Hospice, 4685 Highway 17 South Bypass, Myrtle Beach, SC 29577; telephone (843) 293-4614, or fax (843) 293-5030 or (843) 293-6336.

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**Why Older Adults Retire to the Grand Strand**

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not wanting to be too far away from their original home states.

Two other factors that are often prominently featured in advertising for this area but which received less than 10 percent of the votes in our poll were shopping and restaurants. Neither of these are apparently significant factors for out-of-staters in reaching the decision to retire to the Grand Strand.

In conclusion, our survey confirms some conventional wisdom about why so many seniors choose the Grand Strand as their home for their retirement years, and challenges other assumptions about what’s most important in attracting new residents. We at CSAAR are pleased that older adults and retirees make up such a large percentage of our local population, and look forward to helping to make their lives here as active, productive and enjoyable as possible in the coming years.
The national “Do Not Call” registry may have halted the flow of unwelcome telemarketing calls into many homes. It has not, however, stopped the influx of callers pretending to be affiliated with the government, the Better Business Bureau, financial institutions, or other trusted sources in an effort to steal information and money.

Recent BBB warnings highlight the ingenuity of these scam artists:

► In Louisiana, callers claiming to be with the Department of Revenue have contacted people to commend them for paying their taxes on time. The caller requests the person’s bank account number in order to deposit a “grant” as a reward. The taxpayer is assured that the $8,000 grant will be deposited as soon as a $240 “processing fee” is paid. No “grant” ever arrives.

► In Indiana, a caller contacted an Evansville resident stating that she was a distant family member and that they had inherited money from a mutual relative. The caller offered to wire the inheritance after obtaining the victim’s bank account number.

► In Arizona, a representative of the “Government Grant Information Services” called a Tucson woman with a “guaranteed” way to win between $8,000 and $25,000 in government grant monies. The caller then asked to verify her bank account information so that a $200 “processing fee” could be collected before the depositing of the grant winnings. No winnings ever arrived.

► In West Virginia, recent flood victims received calls from people posing as Federal Emergency Management Agency staff and offering funds for flood relief. The callers requested bank account information to deposit the promised funds. Even businesses are not immune from tricksters, who may claim to be “updating files”:

► The Detroit BBB received a phone call from someone allegedly representing the Experian credit reporting agency. After the caller requested specific information about the Bureau, a BBB staff member asked where the call originated from, and was told “Manila, the Philippines.” When asked for information verifying that the caller was really with Experian, she hung up.

► Callers posing as BBB employees have contacted businesses in several states, supposedly to discuss a complaint or to “update Bureau files.” They attempt to solicit information not normally required to conduct business with the BBB and sometimes use threatening language. When asked for verification, the callers give their number as 1-800-CALLBBB, which is not owned by the BBB and constantly rings busy.

The BBB strongly advises caution whenever you receive an unexpected contact requesting financial or personal information, no matter how great the promised “reward” or whatever the “threat.” BBB urges that you not divulge any sensitive information, but rather ask for the telephone number and address of the business or agency making the call, then check the veracity of the caller. If the caller’s credentials prove suspect, hang up the phone and call your local BBB immediately at 626-7257, contact the BBB online at www.carolina.bbb.org or in writing at BBB, 2501 N. Kings Highway, Suite 76, Myrtle Beach, SC 29577.

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experience and wisdom to continue to contribute, whether in the same profession they pursued throughout their adulthood, or in related or unrelated fields. Whether as consultants, part-time workers, in vocational pursuits, or just as unusually wise and helpful volunteers or neighborhood experts, older adults can use their hard won skills and knowledge in ways that contribute significantly to the life and well-being of their communities.

Retirement or older adulthood is also an ideal time to pursue interests one never had the time for while employed or homemaking. Activities like travel, reading or group projects with like-minded people can all be very intellectually stimulating and challenging. Many older adults also involve themselves in the arts. Research shows that a large minority of older adults takes up painting, sculpture, writing, photography or other forms of visual arts, and most find such endeavors both very enriching and enjoyable. Grandma Moses was not the only older adult to discover an untapped reservoir of artistic talent; all it takes is the motivation and opportunity to participate.

Here on the Grand Strand, Linda Ketron at Coastal’s new Waccamaw Higher Education Center in Pawleys Island and at Art Works in the Litchfield Exchange offers a wide variety of artistic training and pursuits on a regular schedule and at reasonable prices. Likewise, many art-oriented activities are offered on the north end (The Sunset River Marketplace), in Conway (the J. Adams Art Studio), and in the Myrtle Beach area as well.

Smart aging means asking what you can contribute to your community, what you can gain in return, and how, when and where you can explore those options? Older adulthood is a golden opportunity to find out! And remember, “community” can mean anything from a small circle of friends in your neighborhood to your town, state or even country. Whatever your interests and abilities, there are avenues to express them in mutually beneficial ways that help keep you intellectually sharp. If you don’t know where, who, or how to begin, we at CSAAR can help.
Many Grand Strand seniors may not know that Coastal Carolina University has a policy of offering undergraduate courses to senior citizens 60 years of age or older absolutely free of charge! As long as space is available, seniors may sign up for any class after completing a special senior citizen application form in the CCU Office of Admissions. Older adults and retirees who take advantage of this great opportunity may take courses for credit or audit (i.e., take the course for no credit, with all tests and assignments optional). To make taking courses more convenient, each semester some courses are offered at CCU’s satellite centers in Myrtle Beach, Georgetown and its newest center at Litchfield. Such senior citizen students are usually classified as “Non-Degree Seeking,” so one can take as many or as few different courses as one wishes just for personal or professional interest and enhancement. For-credit courses with a passing grade can also be applied toward a bachelor’s degree later.

Despite Coastal’s rapidly growing enrollment of traditional-aged students, there are dozens of open courses each semester from which to choose. Four courses senior students could particularly benefit from are offered by the Department of Psychology and Sociology: PSYCH 423-Psychology of Aging; PSYCH 425-Gerontology; SOC 455-Sociology of Aging; and SOC 457-Aging and Social Policy.

For an application form, contact the CCU Office of Admissions at 349-2127. For information on which courses are open for free enrollment by seniors, contact the CSAAR office at 349-4115 during registration week at the beginning of each semester or summer session.

Also note that semester-long regular curriculum courses are not the only enrichment options at CCU. Senior citizens can also take advantage of a large variety of inexpensive “short courses” and other informational and cultural events throughout the year offered to members of the Lifelong Learning Society of Coastal Carolina University. For further information on the LLS, call CCU’s Center for Education and Community at 349-2665. Remember, you’re never too old to be a student of life…or a college student, either!

Prime Times 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 aging, send it in and we may publish it in future issues of the newsletter.

The governor’s limousine had a flat tire on a street bordering a retirement home. A very elderly gentleman paused in his daily constitutional walk around the grounds to observe the scene as the governor’s aides jacked up the car and brought the spare around to the front. Unfortunately, one of the aides bumped into the chauffeur, who was holding the lug nuts from the flat, and the group watched helplessly as all four lugs rolled down into a curbside drain. After failing to reach the nuts sitting barely out of reach below, the governor joined his entourage to try to decide what to do next. But as they milled around in frustration and disgust, no one could come up with any good ideas.

The governor got on his cell phone to call for another car, when the old gent spoke up. “Why don’t you just take one of the lug nuts from the other wheels and run each tire on three nuts until you find a place to get four new ones?,” he asked. “Why that’s…that’s brilliant!,” exclaimed the governor as his aides speedily followed the suggestion. Then he walked over and shook the hand of his elderly benefactor. “I can’t believe all these sharp young men couldn’t get anywhere on a problem that someone like you solved in just a moment.”

“I can,” the elderly gent replied. “I’m in here because I’m old, not because I’m stupid.”

Welcome to the CSAAR’s Prime Times . . . . . . Continued from page 1

Finally, the Center also conducted a study of community organizations, agencies and businesses that cater to seniors on the Grand Strand. We will use these data to work with those facilities to help improve both the quantity and quality of seniors’ services in the future. (See the Spotlight on…Incare Home Health & Hospice article on page two, which in the future will feature profiles of the best of those facilities.) For its part, the university will be developing and expanding academic programs to provide more high quality staff for those community facilities, and assisting in continuing education and professional training to help make those services more effective.

In conclusion, we at CSAAR see tremendous potential for reciprocally beneficial relationships between and among the Center, the university, community service providers, and the older adult and retiree community here on the Grand Strand. We hope you will work with us to make that vision a reality. Together, we can make our region one of the best – if not the best – areas for seniors to live in the entire country during their “prime times’ years!
Coastal Carolina University Sponsors Many Events Open to the Public

The CSAAR would like to encourage older adults and retirees from all across the Grand Strand to take advantage of the many university events that may be of interest to them.

You can stay current and informed about cultural, athletic and other informational or entertainment events that are free and open to the public by viewing the Calendar of Events on Coastal’s Website:

www.coastal.edu/calendar

In appreciation

The CSAAR would like to offer a very special THANK YOU to the more than 1,000 older adults and retirees on the South Carolina Grand Strand who took the time and effort to complete and return our Needs Assessment Survey in the spring of 2004!

You made it possible for CCU’s Center for the Study of Aging and Active Retirement (CSAAR) to collect the most comprehensive, up-to-date and accurate database ever achieved on why older adults retire to the Grand Strand, what you most like and dislike about your lives here, what kinds of daily activities you prioritize in your “prime times” years, and what your educational interests and needs are. Those data are enabling the Center and the University to plan academic programs and other informational and entertainment events to better meet the needs of this important and growing segment of the population, and we couldn’t have done it without YOUR input, especially the requests for the CSAAR newsletter!

This “Prime Times” newsletter is but one small way for us to express our appreciation for all those survey responders, and we hope to find more and better ways to get to know you better and have you make the CSAAR and Coastal Carolina University an important part of your retirement for years to come in the future. If there’s anything we can do to help improve your quality of life here on the Grand Strand, we hope you’ll let us know by using the contact information listed in this newsletter.

Here is a small sampling of events to be held at CCU during the next few months that community members are cordially invited to attend. Events are free unless otherwise noted. For further information or details on any event, please call the Wheelwright Box Office at 349-2502 or the CCU Office of Community Relations at 349-4101.

- Oct. 11-Nov. 12 ~ “Our Own” CCU Visual Arts Faculty Exhibition
  9 a.m. to 5 p.m.
  Rebecca R. Bryan Art Gallery, Edwards Building

- Oct. 12-Nov. 16 ~ “50 Ways to Look at our World” lectures
  Tuesdays at 7 p.m. at Conway, Litchfield, Loris, Myrtle Beach and North Myrtle Beach sites

- Oct. 18 ~ “Osama” (NOT Bin Laden) movie
  7 p.m., Wall Auditorium

- Oct. 19 ~ Ballet Folklorico Mexico
  7 p.m., Wheelwright Auditorium

- Oct. 28 ~ “The Words to Say It: A Reading by Janisse Ray”
  4 to 5:30 p.m., Wall Auditorium

“On A Hymnsong” Symphonic Band Concert
  7:30 p.m., Wheelwright Auditorium

- Nov. 1 ~ “Unknown Pleasures” movie
  7 p.m., Wall Auditorium

- Nov. 3 ~ Piano Recital: Ray Kilburn
  7:30 p.m., Recital Hall, Edwards Building

- Nov. 8 ~ POP 101 Concert
  7:30 p.m., Wheelwright Auditorium

- Nov. 11 ~ Faculty Percussion Recital: Kurry Seymour
  7:30 p.m., Wheelwright Auditorium

- Nov. 14 ~ “Baroque, Classical & Beyond,” Long Bay Symphony
  3 p.m., Wheelwright Auditorium (Tickets: $20)

- Nov. 15 ~ “Faat-Kline” movie
  7 p.m., Wall Auditorium

- Nov. 16 ~ Faculty Flute Recital: Amy Tully
  7:30 p.m., Recital Hall, Edwards Building

- Nov. 18-19 ~ “Nutcracker” Columbia City Ballet
  7 p.m., Wheelwright Auditorium (Tickets: $20)

- Nov. 30 ~ Holiday Concert: CCU Concert Choir and Symphonic Band
  7:30 p.m., Wheelwright Auditorium
We want to hear from you?

If you picked up this issue of the newsletter somewhere other than your home but would like to receive future issues at your home address, just write, call, fax or e-mail your contact information to the CSAAR as listed below. We'll be happy to add your name and address to our mailing list.

DON'T WANT TO RECEIVE “PRIME TIMES” AT HOME? If you received this issue at home but don't want future issues, just contact us at the CSAAR as listed below and we'll remove you from our mailing list.

“PRIME TIMES” is a publication of Coastal Carolina University's Center for the Study of Aging and Active Retirement (CSAAR), whose staff is responsible for its content. All articles are original, have not been published elsewhere, and can be copied with appropriate credit to Prime Times and the CSAAR. If you would like to contact us – commenting on the newsletter, writing a letter to the editor, submitting a question for “Ask Your Friendly Gerontologist,” suggesting future articles, offering a joke, or for any other reason – please feel free to do so at any of the following addresses:

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