PrimeTimes
NEWSLETTER OF COASTAL CAROLINA UNIVERSITY’S CENTER FOR ACTIVE AGING AND RETIREMENT
SPRING 2008

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SMILE~A~WHILE

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

An older couple had dinner at another couple’s house and after eating the wives left the table and went to the kitchen. The two gentlemen were talking and one said, “Last night we went out to a new restaurant, and it was really great. I would recommend it highly.” The other man said, “What is the name of the restaurant?” The first man thought and finally said, “What is the name of that flower you give to someone you love? You know, the one that’s red and has thorns.” “Do you mean a rose?” “Yes, that’s the one,” replied the man. He then turned towards the kitchen and yelled, “Rose, what’s the name of that restaurant we went to last night?”

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SYNDROME X=
METABOLIC SYNDROME=
INSULIN RESISTANCE

Sharon H. Thompson,
Professor of Health Promotion,
Coastal Carolina University

Many of us are familiar with the term Generation X, but have you ever heard of Syndrome X? Syndrome X or Metabolic Syndrome is a combination of several different health conditions, such as abdominal obesity, abnormal lipid levels, and high triglycerides, blood cholesterol, and blood pressure. Persons with Metabolic Syndrome are at a much higher risk for Type 2 diabetes, stroke, heart disease and heart attack than those without the syndrome.

The syndrome is quite prevalent as it has been reported that more than 45 million adults in our country exhibit its traits. Although it is more common with increasing age, around 3.5 percent of adolescents in America also have Metabolic Syndrome.

In order to explain Syndrome X or Metabolic Syndrome, please allow

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NO MORE EXCUSES,
STOP WEIGHTING AROUND

By Steve Kipe, Conway Wellness – Fitness Center, Conway Medical Center

In the past five issues of PrimeTimes, Greg Martel, Ph.D. and colleagues at Coastal Carolina University dealt with Physical Fitness for older individuals that ranged from definitions and attributes of physical fitness and attributes, aerobic exercise and cardiovascular fitness, weight and body composition and flexibility. Continuing our attention to physical fitness, PrimeTimes asked those at the Wellness and Fitness Center to assist with more encouragement for participating in exercise and conditioning and good health - here is their light HEARTED approach!

Do you want to lose weight or just maintain your body the “weigh” it is? Who doesn’t? Well, I’m going to be honest with you…there is no magic pill or surgery to get weight off and keep it off. Even surgeries that remove weight still require you to do two things: (1) get proper nutrition and (2) exercise. That’s it folks. That is the big secret to losing weight and staying fit, proper nutrition and exercise.

So now that the secret is out what does it mean to me? Maybe nothing. Some of us like sitting on the couch eating bon-bons and watching TV and are not going to change. Here is a little fact you should know. According to CalorieLab.com, in 2007 South Carolina became the fifth fattest state in the country (we were ninth the year before). This study showed that 65.4 percent of South Carolinians are obese or overweight.

If you are married and if you live in South Carolina there is a good chance that either you or your spouse is overweight. Most likely you want to keep the other around. So what should you do? 1. Proper Nutrition. Some of you may be wondering what is proper nutrition? It’s basically a more positive way of saying “DIET.” When you think of diet, what comes to mind? Starvation. Eating like a rabbit. No good food. Plus, what are the first three letters? D.I.E. How positive is that? We’ll stick with proper nutrition.

In order to explain Syndrome X or Metabolic Syndrome, please allow

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desired Snickers bar and Coke. The key is moderation. And moderation isn’t breakfast, lunch and dinner. Moderation is defined by dictionary.reference.com as being within reasonable limits; not excessive or extreme. Having a soft drink and candy bar once in a while is fine, but not twice a day. Did you know, if you have a Coke and a Snickers bar twice a day and you replace them with water and an apple you will cut out at least 7,800 calories a week? Yep, do the math. Coke has 250 calories and Snickers 280. 530 combined twice a day 1,060 times seven days is 7,420 calories! OUCH. Keep in mind a good rule of thumb as far as eating healthy is if you can pull it out of the ground or off a tree, most likely it is good for you. I still haven’t found a Whopper tree yet.

And now to the other “weigh” to get and stay healthy—exercise. Come on, it’s not too bad, but we do look at it that “weigh.” What comes to your mind when you think of exercise? Pain. Soreness. Have to get up early. And of course there is the #1 reason people don’t exercise...I don’t have the time. Time is not an excuse. We make time for things that are important to us. You have to make exercise a priority. We’re not talking three hours a day here. We’re not talking three hours a day here. And of course there is the #1 reason people don’t exercise...I don’t have the time. Time is not an excuse. We make time for things that are important to us. You have to make exercise a priority. We’re not talking three hours a day here. We’re not talking three hours a day here.

We are located across the parking lot from the emergency room at the Conway Medical Center. We have more than 50 aerobic classes weekly, pool, hot tub (for those sore muscles), saunas, a wide selection of strength training equipment, basketball and racquetball. All available at your fingertips to help you get motivated to exercise. Don’t “weight”...start today. If you have any questions, check our online at www.conwaymedicalcenter.com or feel free to contact me 347.1515 ext: 4802 or stevekipe@cmc-sc.com.

Come see us and talk with us about how you can get started with your physical fitness program and ask to see me. Don’t “Weight” – check us out online at www.conwaymedicalcenter.com or contact me at 347.1515, ext. 4802 or by email at stevekipe@cmc-sc.com.

PT NOTE: for the five part series by Greg Martel to to www.coastal.edu/caar and click on PrimeTimes starting with the Winter 2006-2007 issue.

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. 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 Foundation Center
651 Main Street
2431 U.S. 501 East
Conway, South Carolina

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

E-MAIL ADDRESS
jbowman@coastal.edu
rockdot@coastal.edu
kcaulfie@coastal.edu
ccaar@coastal.edu

TELEPHONES:
Janette Bowman, (843) 349-4115
Rocco Carrisano, (843) 349-4116
Kathy Caulfield, (843) 349-6531
Fax (843) 349-4122

NO More Excuses, Stop WEIGHTING Around . . . . Continued from page 1

New construction jobs being created, service workers and professionals being employed — we can surmise that retiree attraction is economic development, and it may be the most cost effective kind of economic development we have.

The Center for Active Aging and Retirement has been researching and addressing the needs of retirees in the Grand Strand region for a number of years. We are finding that many are actively involved in their communities and contribute greatly as volunteers, doing work that would ordinarily require paid employees or fewer services. Many were previous business owners, and they are bringing new businesses or creating new businesses along the Grand Strand. To build on their areas of expertise the Conway Chamber of Commerce, Center for Active Aging and Retirement (CAAR) and C&C’s Small Business Development Center will collaborate with Clemson University in offering a FastTrac® program for developing small businesses. Persons interested in this program and in capitalizing upon the skills of experienced business owners can contact us or BridgeNet at the Conway Chamber of Commerce, 248-2273.

Now you may be saying that this is not a good time to be spending money or investing in a new business or even in your home, and you are really nervous about the economy. There is every reason for concern so let’s replace it with action—it is even good for your brain, in addition to exercise, diet and reducing stress—to get connected, to give back to your community, to learn new skills and to remain mentally active throughout life, especially during the middle and later stages of life.

CCU is poised to meet the intellectual pursuits of persons in the Grand Strand across the life course. There are more than 300 Lifelong Learning Classes being offered in multiple locations throughout the region and persons 65+ years of age can enroll in academic courses free-of-charge. Additionally CCU is growing and expanding its academic offerings and degrees. Hence, CCU graduates will be able to avail themselves to the growing diverse employment opportunities created within the region.

“Easy Living” is a new phrase associated with developing homes and communities that encourage independence, socialization, and improved and sustained quality of life. CAAR and Coastal Carolina University are enthusiastically pursuing faculty, staff and student involvement in enhancing economic development and quality of life among persons in the Grand Strand. Contact us for more information about this and other exciting programs underway. Jan Bowman can be reached at 843.349.4115 or e-mail jbowman@coastal.edu.

We want to hear from you!

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The first bell for the church was ordered from a foundry in West Troy, N.Y., but the ship bringing it was lost at sea. A second bell was ordered and its ship sunk in a storm. However, the cargo from the second ship was salvaged and the bell reclaimed. It then made its way on to Kingston Church. For many years it hung on a scaffold in the churchyard, but it now hangs in the steeple. It bears the date 1860.

Originally there was another entrance on the west side of the front that gave access to the slave gallery, which was located upstairs over the vestibule. This entrance was closed up sometime after the War Between the States. The tall windows in the sanctuary could be lowered from the top and raised from the bottom, for better ventilation. A long stick with a hook on it was used to pull the top sash down. The chandelier which hangs in the choir loft dates from 1879. It was a gift to Kingston by John R. Tolar. It used to hang in the center of the building and could be pulled down to be lit. The arms of the chandelier hold four kerosene lamps which could be removed for cleaning and refilling. In addition to the chandelier, there were several brackets along the walls which also held oil lamps. A wooden panel divided the pews down the center of the sanctuary. Men sat on the west side, women and children sat on the east side. This tradition was abandoned in the late 1800s.

The church pew in the vestibule is one of the originals. In 1962 the original pews were replaced with the present ones. The thought at that time was that the new ones would be more comfortable. The new pews were installed closer together, thus leaving less leg room, and a few additional ones were added, extending the seating further to the front of the sanctuary. The new pews were installed closer together, thus leaving less leg room, and a few additional ones were added, extending the seating further to the front of the sanctuary. The new pews were installed closer together, thus leaving less leg room, and a few additional ones were added, extending the seating further to the front of the sanctuary. The new pews were installed closer together, thus leaving less leg room, and a few additional ones were added, extending the seating further to the front of the sanctuary. The seating was moved closer together, thus leaving less leg room, and a few additional ones were added, extending the seating further to the front of the sanctuary.

The churchyard of Kingston Presbyterian Church was the original village burial ground, or town commons, and contains graves dating back to the 1700s, the earliest of which are no longer marked. In this area, stone markers were hard to come by so wooden markers were often used.

The cemetery is listed on the National Register of Historic Places. It is significant for its fine examples of Victorian grave markers of the burial place characteristic of the colonial era. Grave stones as sculpture were a result of the rural cemetery movement of the 1830s, in which cemeteries became viewed as acceptable places to visit and were carefully planned as parks where the living remembered the dead. The cemetery contains several exceptional examples of Victorian grave art (Beaty, Buck, and Graham grave stones). The five children buried in these graves were first cousins who died within months of each other, in 1859. In addition to the many graves of Confederate veterans, it is also said that the cemetery contains the graves of Revolutionary War veterans.

Over the years, Kingston Presbyterian Church has been involved in establishing several Presbyterian churches in the area. They are:
- Waccamaw Presbyterian Church - 1889
- Bayboro Presbyterian Church - 1901
- Loris Presbyterian Church - 1924
- Murrells Inlet Presbyterian Church - 1925
- Myrtle Beach First Presbyterian Church - 1928
- Ocean Drive Presbyterian Church - 1947

On Sunday, June 1, 2008, the congregation of Kingston Presbyterian Church will celebrate its 150th anniversary. This service will mark the anniversary of the first church service held in the present sanctuary and the official organization of the current church on Sunday, May 30, 1858.

The area behind the back walls of the sanctuary is an addition dating from 1930 which was built to provide classrooms, with a fellowship hall and kitchens in the basement (later used as a nursery). In order to make the 1930 brick addition and the old wood siding symmetrical, both were covered with plaster.

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Syndrome X = Metabolic Syndrome = Insulin Resistance

Learning more about the glycemic index and glycemic load of foods might also be prescribed to help control blood sugar, and fat intake should be moderate (20-35 percent of total calories), fat intake should be moderate (20-35 percent of total calories) and carbohydrates should be consumed in moderate. For those diagnosed with the syndrome, medications might also be prescribed to help control blood sugar, high blood pressure and high blood cholesterol.

Those diagnosed with Metabolic Syndrome might consider learning more about the glycemic index and glycemic load of foods to aid in selecting meals and snacks to help manage the abnormal insulin response. The glycemic index is a score that rates the body’s blood sugar levels after eating foods containing carbohydrates. Examples of foods that are considered better choices due to their lower glycemic indexes include milk, apples, pears, bran cereals and peaches. The glycemic load measures the carbohydrate content in food based on the glycemic index and portion size. Some experts believe the glycemic load has more potential to help those with insulin resistance than the glycemic index. A shortcoming of both the glycemic index and glycemic load is that they are determined for individual foods and we typically eat meals with mixtures of foods. There are, however, many solid research studies to support the fact that when consuming carbohydrate-rich foods, those with Metabolic Syndrome should choose foods with a low-glycemic effect, such as wholesome, fiber-rich fruits, vegetables and whole grains.

Although little has previously been known about the health-related quality of life for those diagnosed with Metabolic Syndrome, a recent study by Ford and Li in the American Journal of the Diabetic Association revealed grim results. When examining almost 2,000 people diagnosed with the syndrome, they found these persons suffered more mentally unhealthy days and reduced health-quality of life as compared those without the syndrome. Previous researchers have noted increased levels of depression, distress and hostility for those diagnosed with Metabolic Syndrome.

Most cases of Metabolic Syndrome could be prevented with the adoption of healthier behaviors. Recommendations include engaging in regular moderate-to-vigorous physical activity combined with a diet high in fruits and vegetables. Saturated fat intake should be kept low (less than 10 percent of total calories), fat intake should be moderate (20-35 percent of total calories) and carbohydrates should be consumed in moderation. For those diagnosed with the syndrome, medications might also be prescribed to help control blood sugar, high blood pressure and high blood cholesterol.

To summarize, rates of Metabolic Syndrome are increasing among adults and children in our country. These increasing rates will likely lead to higher numbers of people affected by diabetes and heart disease. We can take control of our own health to prevent Metabolic Syndrome, beginning with regular physical activity and healthful dietary changes. Every day marks a new opportunity to make changes to improve your health. Take healthful steps to honor your body today so that you can prevent the onset of Metabolic Syndrome and the accompanying health problems in the future.

References:

BOOKMARK THIS!
Senior Services Directory / www.coastal.edu/caarlrservices

If you believe that the check is related to a purported cash payment coming from Canada, we suggest that you do not accept the check. Call the Postal Inspection service immediately at 877-876-2455.

SCAMWATCH...CHECK THE CHECKS
By Samantha Hightower, Operations Director, Better Business Bureau of Coastal Carolina, Conway, SC, 843-488-0238 or e-mail SHightower@brc.com. The address is 314 Laurel St., Conway 29528

To ensure you’re getting genuine payment, always look at the check itself to see if it contains the following security features:

• Warning band on front of check in reverse print located right justified in gray band across top of check stating “Face of this document printed in red, blue and gray inks.”
• VOID paragraph should appear on front of check if photocopied.
• Back of check is tan and white striped.
• Copy-resistant printed custom watermark on back of check. USPS logo in white opaque ink in win-woven pattern.
• Micro-printing (MP) on front signature line and reverse endorsement line–look for repeated “US POSTAL SERVICE.”
• Artificial fluorescent fibers should be visible under black light.
• Bleach or solvent use will cause stains or spots.

If a customer presents a Postal Service check to be cashed or deposited at one of your locations, it is recommended that the teller ask the presenter how the check was received and is deposited for what purpose. It is also recommended that both forms of ID be obtained.

The Postal Service does not send ANY monetary disbursements originated outside the US. Furthermore, there is no reason a recipient of a cash payment should ever have to provide any kind of income verification, or to return any portion of a payment via wire transfer.

ANOTHER ALERT
A recent BBB alert pertained to the need for caution by people interested in acquiring a canine companion. People have lost money responding to online or newspaper ads by scammers posing as breeders. Some scammers have claimed they are affiliated with a religious organization and are being relocated to a foreign country and need homes for their puppies for free or inexpensively. Others have claimed to be breeders who have puppies for low prices. Where people have lost money is through requests for money such as shipping fees or papers before an actual transaction. Some have paid upfront and get a puppy that is sickly. Of course the fake breeder cannot be found.

The American Kennel Club and the BBB offer some advice:
• Research – Find out if the breeder is a member of an AKC club and, if yes, check the club for verification.
• Check listings of available AKC litters at breeders at www.akc.org/classified/index.cfm or check with BBB at www.carolina.bbb.org for any complaints about a breeder.
• Beware of breeders overly concerned with getting paid. Make sure you have clear expectations – ideally in writing – of how and when the pup will be paid for. Be wary of any insistence that money be wired or subsequent calls for money to be wired to cover last minute shipping fees.
• Be careful of slick Web sites – first, check the credentials of the breeder with AKC.
• Take your time! Seldom are puppies ready for shipping the day of a call. Getation and socialization of a litter takes months – no puppy should be separated from the dam before 8 weeks of age.
• Report a scam to local authorities as well as the local BBB (www.carolina.bbb.org). Direct questions and concerns to AKC Customer Service at 919-233-9767 or e-mail: info@akc.org.
• Check for the hallmarks of a responsible breeder: www.akc.org/press_center/facts