

GCS Organization of the Month: Senior Resources



GCS works to proactively engage and connect with constituent groups across Richland County.

Senior Resources is a non-profit organization that coordinates services, provides resources and encourages the personal choices that allow Richland County's senior citizens to remain independent. All activities, services and programs of the agency are geared toward promoting independent living, with the goal of helping seniors remain in their homes as long as possible through the support of staff and volunteers, and delaying or preventing institutionalization.

Last year when the COVID-19 pandemic emerged in our community Senior Resources immediately sprang into action. Senior clients along with other seniors in Richland County were faced with food insecurity, along with prolonged periods of isolation. Last year, Senior Resources served over 500,000 meals to seniors across the Richland County community and state. In addition to Meals on Wheels and wellness center clients, we served thousands of seniors who might not have needed our services prior to the pandemic, but found themselves food insecure and nowhere to turn for help.

Meals on Wheels program not only addresses the nutritional needs of our senior clients, but also the social isolation. The daily visit from the Meals on Wheels volunteer is often the only social interaction clients experience each day, and it also serves as an important safety check.

In addition, Senior Resources serves clients through other services that include our Pets Pals program, wellness centers, home care and senior volunteer programs and transportation services.



Upcoming Events

Senior Resources March for Meals 5K and 1-Mile Senior Walk

DATE: March 6, 2021
TIME: 9:00AM
PLACE: Timmerman Trail

Registration is now open for the 19th Annual March for Meals 5K, presented by Prisma Health and 1-Mile Senior Walk ! Proceeds from this race benefit Meals on Wheels and other senior nutrition programs at Senior Resources.

Register today! Online registration closes at noon on Friday, March 5.

\$15 1-Mile Senior Walk (Age 60+) and a guaranteed t-shirt when you register by Friday, February 12.

\$20 1-Mile Senior Walk (Age 60+) race-day registration.

\$25 5K and a guaranteed t-shirt when you register by Friday, February 12.

\$30 5K registration February 13-March 5. T-shirt not guaranteed.

\$35 5K race-day registration.

Race time is 9 a.m. (rain or shine!) on Saturday, March 6 at Timmerman Trail. We will follow all recommended COVID-19 guidance from SCDHEC, CDC and the City of Cayce, and are

implementing a staggered race start, to ensure the safety of all participants, while providing an accurate time for all. The 5K is a certified course with race management provided by Strictly Running. It's also flat and fast — sure to deliver lots of PRs! Click here for a course map. Our race is dog-friendly and stroller-friendly, however, we ask that you please start the race at the back of the pack, as there is a tight turn at the entrance to the trail and we don't want any runners, pups or kiddos to get hurt.

The 1-Mile Senior Walk will start at 9:30 a.m. and will be an untimed, participation event for those 60 years young and up!

Packet pick-up will be from 11 a.m.-6 p.m. on Friday, March 5 at Strictly Running. Remaining packets will be available for pick up before the race. Check-in will begin at 7:30 a.m. outside the Cayce Tennis & Fitness Center.

Prizes for the 5K will be awarded at 10:00. Overall male and female winners, and master's (50+) male and female winners get our signature "Winner Winner, Chicken Dinner" vintage plates, along with a gift card for a chicken dinner. And our famous spoon medals will be awarded to the top 3 male and female finishers in each age group: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

Register with a team and the one with top three finishers wins a prize!

COVID-19 Vaccination Information for Seniors 70+

South Carolinians Aged 65 and Older Can Schedule COVID-19 Vaccine Appointments Beginning Monday, February 8

COLUMBIA, S.C. — Governor Henry McMaster and the South Carolina Department of Health and Environmental Control (DHEC) today announced that beginning Monday, February 8, any South Carolina resident aged 65 or older, regardless of health status or preexisting conditions, can begin scheduling their appointment to receive COVID-19 vaccine. DHEC's online tool at scdhec.gov/vaxlocator shows locations currently accepting appointments for COVID-19 vaccine and provides contact information for scheduling appointments at those locations. You can also call the DHEC Care Line at 1-855-472-3432.

Important tips to remember:

Vaccines can only be administered by appointment. You can not walk into a health care facility and ask for a vaccine.

Residents will be asked to provide a driver's license or other form of ID at their appointment that confirms their age.

The Pfizer-BioNTech vaccine requires two shots separated by 21 days. The Moderna vaccine requires two shots separated by 28 days. You need to receive both shots of the same product; vaccine brands are not interchangeable.

For other tips and the latest information on South Carolina's COVID-19 vaccine distribution visit: <https://scdhec.gov/>.