



# Hilton Head Island Safe Harbour

Enriching the Lives of Our Neighbors

## Summer Newsletter July-September

### Executive Director's Message



### **HAPPY SUMMER!**

Now we are in the 104 days of Hilton Head Island summer. We've

transitioned from a beautiful spring into a humid, hot summer. The tourists are beginning to arrive to enjoy our island's hospitality and our beautiful beaches that we get to enjoy year-round. Safe Harbour's schedule in the summer continues as our member's needs do not take a vacation. Our task in meeting the schedule's assignments becomes a little more difficult since we have several volunteers that are snowbirds that head back north to escape the island heat and tourists. As well, we have volunteers that take the opportunity to go on vacations. Nevertheless, Safe Harbour is so lucky to have a team of volunteers that are committed to helping our members get around the island to their appointments.

The Board of Directors and I are working very hard to get the good news out to the public about Safe Harbour and in hopes of recruiting more volunteers. Look for our ad in the July issue of The Hilton Head Sun newspaper.

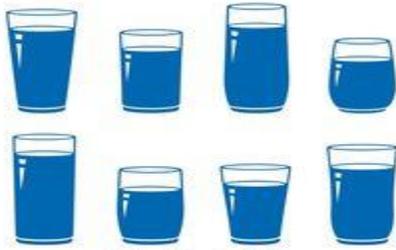


Our condolences go out to the families of members Sally Ahrendt and Betty Spaldo who passed away recently. Also, Safe Harbour lost one of our great volunteers, Mario Machi, to a terminal illness. His family knew that Mario liked volunteering so much for Safe Harbour that we were named to receive memorial donations.

### **Member Tidbits**

Do you speak or write Italian? Rose Romeo recently sent her cousin in Italy a letter written in Italian. Ninety three years young and still going strong!

Safe Harbour transports Bob Heise and Booker Ingram, both facing the challenges of Parkinson's disease, to RipTide Marshal Arts in Bluffton for therapy.



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## **ARE YOU DRINKING ENOUGH WATER?**

Adults over 60 are one of the most likely groups to suffer from dehydration. Dehydrated seniors are at a higher risk for developing infectious diseases, stroke, kidney stones, chronic constipation and impaired cognitive function.

As the body ages, the amount of water in it decreases, and is one of the main reasons elderly adults are at a higher risk for dehydration. Several studies have confirmed that when seniors are deprived of water, they feel less thirsty and are more likely to drink less.

Adults receive roughly 20 percent of the fluids they need from their food, so water, juices and other beverages contribute a huge portion of the body's daily fluid needs. **For elderly adults, 5 or more 8-ounce glasses of water are recommended each day.**

### **Recognize the Symptoms**

- **Confusion**
- **Difficulty walking**
- **Dizziness or headaches**
- **Dry mouth**
- **Inability to sweat**
- **Cramping in arms or legs**
- **Unable to urinate or pass only small amount of urine – dark /deep yellow urine**

**Dehydration is extremely dangerous and if you notice these symptoms call for help!**

## **Monthly Calendar of "Fun Friday Activities."**

All Fun Friday Activities take place in the Long Cove Room at the HHI Safe Harbour office from 11:30 am to 1:00 pm. Refreshments will be served. All volunteers as well as members are invited to participate. If any volunteers would like to assist with our Fun Friday activities, please let the office know.

### **July 8 – Travel to Ecuador with Toney**

Volunteer Toney Mathews will present a program on his Church mission trip to Quito, Ecuador will include a typical Ecuador meal.

### **July 22 – Greeting Cards Workshop**

### **August 12 – Movie**

### **August 26 – Craft Workshop**

**Sept. 9 – Travel to Africa with Jenifer** Join volunteer Jenifer Gajdalo as she tells about her recent 3 week African safari trip with a corresponding African meal.



Pictured above from L to R, are Alma Ericson, Carole Moore, Betty Amend, & Carol Peck holding their patriotic door wreaths they made on Fun Friday.



David Voyles with Father Mike of St. Francis Church and Hal, the Manager of St. Francis Thrift Shop receiving a check in support of Hilton Head Island Safe Harbour.



Group picture of recipients of St Francis Thrift Shop Grants. \$120,000 was raised to support their school and \$50,000 was given thru grants to Island non-profit charitable organizations.

**Members**

August

12 Isabel Stewart    26 Robert Feil

September

6 Ginny Alampi    12 Suzanne Decker  
 18 Booker Ingram    20 Suzanne Downing  
 21 Betty Amend    26 Carol Peck

Volunteers

July

10 Bill Beerman    11 Bryce Elkins  
 21 Barb Marcato

August

16 Linda Kuhlman    23 Carolann Roberto  
 23 Catherine Bell

September

13 Helen Payne    22 Tom Donald  
 23 Carol Rommel    24 Bob Downing  
 27 Chris Dasher



*Why Be A Volunteer?  
 (Author unknown)*

*It's not for the money; it's not for the fame;  
 It's not for any personal gain.*

*It's just for love of your fellow man, it's just to  
 give a helping hand;*

*It's just to give a little of one's self, that's  
 something you can't buy with wealth;*

*It's not for a medal worn with pride, it's for  
 that feeling deep inside;*

*It's that feeling that you've been a part of  
 helping people far and near,*

*That makes you a volunteer!*



*Volunteers are invited to stop in at the office  
 anytime they have extra time on an assignment.  
 There is Wifi for your use and a quiet  
 comfortable place to read and have a cup of  
 coffee!*



*"Good Morning. Hilton Head Island Safe Harbour. This is Ed. How can I help you?"*

*Pictured to the left is Ed. Besides driving members, Ed volunteers Wednesday and Friday from 9-11:00 am in the office. Twice a month he also volunteers at the USO in Savannah airport welcoming our military men & women.*



***Eileen Babington,  
our “Spotlight  
Volunteer”***

***Eileen worked for thirty years as a computer programmer, back in the old days on the big-box machines. She spent most of her life in Cleveland and moved to Deep Creek Lake, MD when she and her husband first retired. She moved south to Hilton Head Island when he passed away in 2014.***

***She had heard of the Village movement some years ago and was pleased to stumble across Safe Harbour on the internet. “It’s good to feel useful again, but I didn’t expect it to be fun too!”***

***She’s a frequent visitor to the HHI library, and you might see her roaming around Sea Pines on her three-wheeler.***

***Eileen has been with Hilton Head Safe Harbour for about five months and has been very involved with helping our members. She may not be keeping records of how busy she has been but the computer says she will have done close to fifty assignments and over 125 hours service in helping our members.***

***Congratulations and so glad you are part of our team!***

We “WELCOME” new volunteer, **Jacqueline Rose**, to Safe Harbour. She spent 5 years as a receptionist at Seabrook and loved working with the residents. She is very much enjoying working with our members of Safe Harbour. We also “WELCOME” new volunteer, **Chris Dasher** to Safe Harbour. Chris and her husband reside on River Club Drive in HH Plantation. She loves her dog but even more loves helping the members of HHI Safe Harbour.

Safe Harbour “WELCOMES” two new members starting in July. **Kathy Anello**, residing at 36 Ben White Drive 4B, living just down the street from Carole Moore who lives in unit 8B. Delightful lady, having lived on the island for 27 years. Also we welcome **Charles Varner**, who resides at 663 William Hilton Pkwy in condominium unit 1107. Charles is blind in one eye and has very limited vision in the other and therefore does not drive

We say “GOODBYE” to member **Frances Krause** as she is moving to The Seabrook in July.

**For information call our office at 843-671-7233 or 843-342-6227.** Our office is located at 4 Northridge Drive across from ACE Hardware near VIM and in the Lowcountry Community Foundation Building, suite C.

**Board of Directors**

Emily Newman, President  
Ronni B Silett, Vice President  
Joe Buckingham, Treasurer  
Susan Mazur, Secretary  
Dick Knorr  
Ed Forrest  
David Voyles, Executive Director &  
Member/Volunteer Coordinator

***Our mission: Hilton Head Island Safe Harbour is a non-profit 501 c-3 membership service organization designed by and for Hilton Head Islanders who want to stay in their own homes as they age, continuing to enjoy lifestyles that make Hilton Head Island a special place, with the confidence of knowing that assistance is just a phone call away at 843-671-SAFE(7233) or [hhisafeharbour@gmail.com](mailto:hhisafeharbour@gmail.com)***

***As I always say, “we do what we can, when we can, in an organized manner”; that’s the Hilton Head Island Safe Harbour way in helping our members!***

**Best regards, David**