

Sharing Nutrition Knowledge

While many of us enjoy eating, food can be a confusing topic. New data and scientific studies are constantly emerging, changing views about sugar, fat, portion sizes, and much more. Luckily, there are professionals who interpret that nutritional information, explain it and prescribe advice in a way that's easy to digest—dietitians.

Registered dietitians and registered dietitian nutritionists have completed a degree and training in the field of nutrition and dietetics, as well as passed a national exam. Many RDs and RDNs go on to earn advanced certifications in specialized fields, such as sports, oncology or gerontological nutrition. Many people consult a dietitian in order to develop a personalized eating plan. Rather than prescribing a one-size-fits-all strategy, dietitians recognize that each person has different nutritional needs and goals based on overall health, genetics, exercise and eating habits, and other factors. They can also provide advice to help manage conditions like high cholesterol, high blood pressure, diabetes, and food allergies or sensitivities.

Employee of the Month!

"Given To Me"

A helping hand was given to me
At a time when I felt I couldn't see
I felt so down and so alone
What would happen next was unknown.
I felt the world was against me
But out of the blue, a helping hand was offered to me
I felt like an angel had been sent
Helping me to a great extent.
It was hard to accept but no choice I had
And when I accepted it wasn't so bad
At that time I vowed I would help others like me
Because of the help I got, it set me free.
So if you need a helping hand
Don't let your pride take over, just understand
We should all help each other
Because in the end, we are all sisters and brothers.



-Catherine Pulsifer

Congratulations to our Employee of the Month, Janet Johnson!
Thank you for always lending a helping hand!

Going Back to the Ball Field

Even though the regular season won't begin for a few more weeks, Major League Baseball teams are now in the middle of an important annual ritual: spring training.

The tradition of spring training began in the late 1800s, when teams held organized baseball camps in New Orleans and Jacksonville. Unlike today, a baseball player's salary was not enough to support him and his family for the whole year, so many players took other jobs during the winter. Spring training helped get players back into shape.

Nowadays, most players stay fit all year long, but spring training still serves as a warmup to the season. Additionally, new players are able to try out for spots on the team, and the practices and exhibition games allow teammates to get to know each other better.

Each team has an established camp in either Arizona or Florida. The teams that train in Arizona make up the Cactus League, and Florida is home to the Grapefruit League.

Spring training games are a big draw for fans eager for the season to begin. Many people visit training camps to watch the games and get autographs from their favorite players.



THE Harbison Shores Lifestyle



Like Us!



ASSISTED LIVING COMMUNITY
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MARCH 2022

Hello From the Executive Director!

March is here, and we are looking forward to Mardi Gras and St. Patrick's Day.

When I think of March, it reminds me of the beginning of warmer weather and enjoying the outdoors, especially since March 13 is daylight saving time. At Harbison Shores, we love our courtyards and beautiful surroundings, which are great for walks and outdoor events.

Mardi Gras might not at first glance seem religious, but its timing is based on the Christian calendar. Carnival usually starts on Epiphany, a Christian feast day held 12 days after Christmas, which is January 6. Carnival lasts until Mardi Gras (French for "Fat Tuesday"), the day before Ash Wednesday, which itself is based on when Easter happens to fall.

We will be celebrating Mardi Gras at Harbison Shores with a party, a parade and King Cake.

St. Patrick's Day is a largely secular holiday of revelry and celebration of all things Irish. Although blue was the color traditionally associated with St. Patrick's Day, Irish and non-Irish alike commonly participate in the "wearing of the green." Corned beef and cabbage are associated with the holiday.

We will all be wearing our green and celebrating St. Patrick's Day with an Irish meal and parties.

We always talk about our Harbison Shores family. As with many friends and family, we enjoy celebrating the holidays and special occasions with our residents and staff.

Wishing each of you a Happy March with good health, happiness and "lots of good luck."

Elaine M. Till, NHA, CRCA

Executive Director



ASSISTED LIVING
AL# CRC-2083

MARCH 2022

Locations

Activity Room, Memory Care, ARMC
Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP
Villas, Dining Room, VDR

Birthdays

Dixie Wright, 8th
Constance Bloom, 12th

“Charm’s key ingredient is consideration for others.”

— Ellen Lubin-Sherman

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		MARDI GRAS 1 10:30 Individual Snack Social 1:00 St. Patrick’s Day Parade, VUGP 2:00 Book Club, VUGP 3:00 Hymns and Snacks, VDR	ASH WEDNESDAY 2 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social 2:00 Meditation, VUGP	3 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 3:00 Bingo, VDR	4 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social	5 10:30 Individual Snack Social 1:30 Afternoon Walk, O 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
6 9:15 Bowling and Outdoor/Indoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP	7 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP	8 10:30 Individual Snack Social 2:00 Book Club, VUGP 3:00 Hymns and Snacks, VDR	9 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social 2:00 Meditation, VUGP	10 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 3:00 Bingo, VDR	11 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social	12 10:30 Individual Snack Social 1:30 Afternoon Walk, O 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
DAYLIGHT SAVING TIME BEGINS 13 9:15 Bowling and Outdoor/Indoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP	14 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP	15 10:30 Individual Snack Social 2:00 Book Club, VUGP 3:00 Hymns and Snacks, VDR	16 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social 2:00 Meditation, VUGP	ST. PATRICK’S DAY 17 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 3:00 Bingo, VDR	18 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social 3:00 Happy Hour: Wine and Cheese, VDR	19 10:30 Individual Snack Social 1:30 Afternoon Walk, O 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
SPRING BEGINS 20 9:15 Bowling and Outdoor/Indoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP	21 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP	22 10:30 Individual Snack Social 2:00 Book Club, VUGP 3:00 Hymns and Snacks, VDR	23 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social 2:00 Meditation, VUGP	24 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 3:00 Bingo, VDR	25 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social	26 10:30 Individual Snack Social 1:30 Afternoon Walk, O 3:00 Song Trivia, VDR 6:00 Cinema Saturday, VUGP
27 9:15 Bowling and Outdoor/Indoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP	28 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP	29 10:30 Individual Snack Social 2:00 Book Club, VUGP 3:00 Hymns and Snacks, VDR	30 9:30 Morning Exercise: Passport for Wellness, VDR 10:30 Individual Snack Social 2:00 Meditation, VUGP	31 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 11:00 Bible Study, VUGP 3:00 Bingo, VDR		