

Employee of the Month — Andi

Congratulations to our employee of the month, Andi! Andi is a second shift medical technician, and we are so lucky to have her with us.

Mexico's Bright Blankets

Beautifully woven blankets called serapes are one of the most colorful emblems of Mexican culture.

The serape can be traced back to the 16th century, when the Aztec people of what is now Mexico wore blanketlike garments in vivid hues, woven from cotton and cactus fibers and dyed with crushed fruits and insects. The bright colors were believed to bring good fortune.

In the following centuries, Europeans introduced domesticated sheep to the country, and the animals supplied lots of wool to weave large blankets in intricate geometrical designs. A handcrafted serape from the 1800s could take as long as two years to finish and was cherished as a work of art, as well as a practical item. Used as a blanket or worn as a poncho, a serape provided warmth on chilly desert nights, but could also serve as a saddle blanket, pillow, sleeping mat, curtain or tablecloth.

Mexico's northeastern city of Saltillo has been a major production hub since the early days of the serape, which is why it is also known as a saltillo blanket.

The popularity of serapes has spread to the United States, where they are often used as festive décor and clothing.

Finding Peace in Labyrinth Gardens

Often, a garden is a tranquil place to get lost in your thoughts. For hundreds of years, labyrinth gardens have offered a space to do just that.

A labyrinth is a single, twisting path that leads to a central point. Unlike a maze, a labyrinth is not designed to trick you with multiple turns that often lead to dead ends. Instead, walking along a labyrinth is intended to be a meditative experience. Since you don't have to make any decisions on which way to go, you can simply focus on the rhythm of your steps or reflect on your feelings.

Some of the earliest labyrinths were designed inside sacred buildings, with tiles on their floors inviting visitors to follow a path while contemplating faith and life. As labyrinths moved to outdoor spaces, many evolved into mazelike patterns.

The past several decades have seen a renewed interest in true labyrinth gardens. Research from Harvard Medical School shows that walking a labyrinth can reduce stress and anxiety, regulate blood pressure and breathing, and even ease pain.

To take advantage of these healing qualities, places including hospitals, places of worship, spas and playgrounds have incorporated labyrinths on their grounds. Some homeowners have built labyrinths in their backyards.

Since the pathways can be created with plants, stones or tiles, each labyrinth garden is a unique spot for meditation. Features such as benches and fountains are often added to create a further sense of calm.



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MAY 2021

A Night at the Ballpark!

We had so much fun enjoying snacks and games at our ballpark party!



Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories — Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org.

Tune in to a TV tradition — On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

Post a tribute — If you have a loved one who is a fallen hero, post a photo and story about them on social media.

Send a letter — Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

Visit a memorial — Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

Pause at 3 p.m. — Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.



MAY 2021

Locations

Activity Room, Memory Care, ARMC
 Outing, O

TV Room, Memory Care, TVMC
 Villas, Upstairs Gathering Place, VUGP
 Villas, Dining Room, VDR

“We’re all different. That’s what makes us special.”

— Carrie Underwood

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						MAY DAY 1 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
9:15 Bowling and Outdoor Games, VDR 2 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	8:15 Morning Exercise, VDR 3 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 3:00 Bingo, VDR	8:15 Morning Exercise, VDR 4 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack 2:30 Hymns and Snacks, VDR 3:30 Star Wars Trivia, VDR	10:15 Morning Yoga 5 10:30 Individual Snack Social 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 2:30 Meditation, VUGP 2:30 Cooking w/Dining Team, VDR 3:00 Bingo, VDR	8:15 Morning Exercise, VDR 6 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Bingo, VDR	8:15 Morning Exercise, VDR 7 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Afternoon Mindfulness Discussion, VUGP 3:00 Happy Hour	8 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
MOTHER'S DAY 9 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	10 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 3:00 Bingo, VDR	11 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack 2:30 Hymns and Snacks, VDR 3:30 Space Exploration: Where Will We Go Next?, VDR	12 10:15 Morning Yoga 10:30 Individual Snack Social 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 2:30 Meditation, VUGP 2:30 Cooking w/Dining Team, VDR 3:00 Bingo, VDR	13 8:15 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Bingo, VDR	14 8:15 Morning Exercise, VDR 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Afternoon Mindfulness Discussion, VUGP 3:00 Happy Hour	15 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
16 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	17 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 1:30 Animal Therapy, VDR 1:30 Lima Bean Auction 2:30 Afternoon Snack 3:00 Bingo, VDR	18 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack 2:30 Hymns and Snacks, VDR 3:30 Galaxy Cookie Making, VDR	19 10:15 Morning Yoga 10:30 Individual Snack Social 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 2:30 Meditation, VUGP 2:30 Cooking w/Dining Team, VDR 3:00 Bingo, VDR	20 8:15 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Bingo, VDR	21 8:15 Morning Exercise, VDR 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Afternoon Mindfulness Discussion, VUGP 3:00 Happy Hour	22 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
23 9:15 Bowling and Outdoor Games, VDR 10:30 Individual Snack Social 11:00 TV Church Service, Chan 9, VUGP 2:30 Afternoon Snack	24 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 11:00 Daily Devotional Discussion, VUGP 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 3:00 Bingo, VDR	25 8:15 Morning Exercise, VDR 10:30 Individual Snack Social 2:00 Book Club, VUGP 2:30 Afternoon Snack 2:30 Hymns and Snacks, VDR 5:30 Space Jam, VUGP	26 10:15 Morning Yoga 10:30 Individual Snack Social 1:30 Animal Therapy, VDR 2:30 Afternoon Snack 2:30 Meditation, VUGP 2:30 Cooking w/Dining Team, VDR 3:00 Bingo, VDR	27 8:15 Morning Exercise, VDR 10:00 Weekly Trivia, VDR 10:30 Individual Snack Social 1:30 Bible Study, VUGP 2:30 Afternoon Snack 3:00 Bingo, VDR	28 8:15 Morning Exercise, VDR 9:30 Some Good News: Self-Directed 10:30 Individual Snack Social 2:30 Afternoon Snack 2:30 Afternoon Mindfulness Discussion, VUGP 3:00 Happy Hour	29 10:30 Individual Snack Social 1:30 Afternoon Walk, O 2:30 Afternoon Snack 6:00 Cinema Saturday, VUGP
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