

What Is Sensory Therapy?

The human body's five major senses are easy to name—touch, sight, hearing, smell and taste—but the way they affect our overall well-being is anything but basic. That's why sensory therapy, a method of engaging one or more of the senses, has become commonplace in health care.

Although anyone can benefit from sensory therapy, it's often used to relieve agitation in those with dementia. Providing meaningful objects can soothe an upset person or bring back a happy memory. For example, someone who loved to visit the beach may find comfort in holding seashells or playing with sand.

Stimulating the senses also boosts brain activity, so using finger paints, forming shapes with clay, and playing "guess the scent" games can be fun exercises for people with dementia. Tasks such as folding towels, sorting coins or shuffling cards have a similar effect while also giving folks a sense of purpose and raising their self-esteem.

No matter who you are, focusing on a specific sense can calm a stressed-out mind. A soft blanket, gentle melody or soothing fragrance are classic relaxing techniques that also count as sensory therapy.

Be a Mentor

January is National Mentoring Month, the perfect time to consider becoming a mentor. Research shows that youths who are mentored have higher self-esteem and do better in school, often moving on to higher education. They also have a lower risk of engaging in risky behavior.

As a senior, you have experiences, knowledge and skills that are extremely valuable to a young person. By sharing what you've learned, you can help your mentee solve problems and accomplish goals. You may even learn something new yourself!

The ultimate purpose of mentoring is to provide young people with a trusted adult who cares about them. You can be a safe person with whom a child or teenager can share their concerns as well as new and exciting things in their life.

Mentoring is often done through specific community programs, but there's no reason you can't find someone to mentor on your own. You are sure to find that mentoring is fun and beneficial for both of you!

Nutrition Goals for the New Year

Our overall wellness is greatly affected by what we eat. Use the new year as motivation to dig into some fresh healthy eating habits.

Share meals with others — Dining alone can cause you to eat mindlessly or too quickly, which can lead to weight gain; or you may form a habit of skipping meals, preventing you from getting proper nutrition. When possible, share meals with friends and family members. Engaging in conversation at the table helps you look forward to the experience of fully savoring your food.

Try new things — Enjoying many types of food prevents meals from being boring, and also gives you a greater chance of getting the wide variety of nutrients your body needs. Maybe you think you don't like a certain vegetable or seafood because you've only had it cooked one way. Branch out and try it prepared differently. You may discover a new favorite!

Practice moderation — You don't have to completely give up great-tasting foods that aren't so great for your health. Depriving yourself can take the joy out of eating and often sets you up for failure. Instead, reduce portion sizes of your favorite indulgent foods, or splurge on a treat just once a week.

THE Harbison Shores Lifestyle



Like Us!



MEMORY CARE COMMUNITY
990 Columbia Avenue · Irmo, SC 29206 · (803) 749-7889 · www.carolina-gardens.com

JANUARY 2022

Happy New Year From the Executive Director

I hope that each of you had a wonderful holiday and were able to spend time with friends and family.

It is hard to believe that we are ending 2021 and beginning 2022. I am very hopeful that 2022 will be a positive year for all of us.

I want to thank each of you for your support, patience and kindness to our staff. We are all here for the same goal, to take care of your loved ones.

I will continue to have an open-door administration and communicate at least monthly to you by email.

We are very fortunate to have good caring staff at Harbison Shores.

I felt this quote from Steve Jobs, Apple Inc. Co-founder, was very apropos in speaking about our staff at Harbison Shores.

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do."

Elaine M. Till, NHA, CRCA
Executive Director



Congratulations to Our 2021 Employee of the Year!

We are lucky to have you as part of our Harbison Shores team! Here are some notes from Rosezine Baxter, our 3rd Shift Supervisor and 2021 Employee of the Year.

The key is love and patience, without that we will not do our jobs to the best of our ability.

I started this journey at 990 Columbia Avenue, Irmo, S.C., in 2008. I worked part time on 2nd shift, and as of today I continue doing what I love and enjoy. When I clock in for my shift no matter the time of day or night, it is no longer about me, it is about my residents. I make sure their needs are met and they, as well as the management team and fellow co-workers, are treated with the utmost dignity and respect. I enjoy and love my job. Our job is to make sure our residents are safe, well taken care of, resulting in a happy outcome each day and night.



JANUARY 2022
Locations

Activity Room, Memory Care, ARMC

Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

“All our dreams can come true, if we have the courage to pursue them.”
— Walt Disney

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						NEW YEAR'S DAY 1 9:15 Dance Exercise, ARMC 10:30 Snack Time, ARMC 1:00 History of Pirates, TVMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
2 9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 11:00 Virtual Church Service, ARMC 3:00 Indoor Picnic, TVMC	3 9:15 Zumba Fitness, TVMC 10:15 Learning the Shag, TVMC 10:30 Snack Time, ARMC 1:30 Devotional Discussion, TVMC 2:30 Snack Time, ARMC 2:30 Baking Club, ARMC	4 9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC 3:00 Handbells and Hymns, ARMC	5 9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:00 Oceans of Education: Learning about the Sea, ARMC 2:30 Snack Time, ARMC 3:30 Bible Study, TVMC	6 9:15 Zumba Fitness, TVMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:00 Greats of the Westerns: Stars and Stories, ARMC 2:30 Snack Time, ARMC	7 9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Afternoon Team Sports, ARMC	8 9:15 Dance Exercise, ARMC 10:30 Snack Time, ARMC 1:00 History of Pirates, TVMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
9 9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 11:00 Virtual Church Service, ARMC 3:00 Indoor Picnic, TVMC	10 9:15 Zumba Fitness, TVMC 10:15 Learning the Shag, TVMC 10:30 Snack Time, ARMC 1:30 Devotional Discussion, TVMC 2:30 Snack Time, ARMC 2:30 Baking Club, ARMC	11 9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC 3:00 Handbells and Hymns, ARMC	12 9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:00 Oceans of Education: Learning about the Sea, ARMC 2:30 Snack Time, ARMC 3:30 Bible Study, TVMC	13 9:15 Zumba Fitness, TVMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:00 Greats of the Westerns: Stars and Stories, ARMC 2:30 Snack Time, ARMC	14 9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Afternoon Team Sports, ARMC 3:00 Happy Hour, ARMC	15 9:15 Dance Exercise, ARMC 10:30 Snack Time, ARMC 1:00 History of Pirates, TVMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
16 9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 11:00 Virtual Church Service, ARMC 3:00 Indoor Picnic, TVMC	MARTIN LUTHER KING JR. DAY 17 9:15 Zumba Fitness, TVMC 10:15 Learning the Shag, TVMC 10:30 Snack Time, ARMC 1:30 Devotional Discussion, TVMC 2:30 Snack Time, ARMC 2:30 Baking Club, ARMC	18 9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC 3:00 Handbells and Hymns, ARMC	19 9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:00 Oceans of Education: Learning about the Sea, ARMC 2:30 Snack Time, ARMC 3:30 Bible Study, TVMC	20 9:15 Zumba Fitness, TVMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:00 Greats of the Westerns: Stars and Stories, ARMC 2:30 Snack Time, ARMC	21 9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Afternoon Team Sports, ARMC	22 9:15 Dance Exercise, ARMC 10:30 Snack Time, ARMC 1:00 History of Pirates, TVMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
23 9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 11:00 Virtual Church Service, ARMC 3:00 Indoor Picnic, TVMC	24 9:15 Zumba Fitness, TVMC 10:15 Learning the Shag, TVMC 10:30 Snack Time, ARMC 1:30 Devotional Discussion, TVMC 2:30 Snack Time, ARMC 2:30 Baking Club, ARMC	25 9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC 3:00 Handbells and Hymns, ARMC	26 9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 1:30 Puzzles and Card Games, TVMC 2:00 Oceans of Education: Learning about the Sea, ARMC 2:30 Snack Time, ARMC 3:30 Bible Study, TVMC	27 9:15 Zumba Fitness, TVMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Bingo, ARMC 2:00 Greats of the Westerns: Stars and Stories, ARMC 2:30 Snack Time, ARMC	28 9:15 Balloon Tennis, ARMC 10:30 Snack Time, ARMC 10:30 Painting, ARMC 1:30 Afternoon Team Sports, ARMC	29 9:15 Dance Exercise, ARMC 10:30 Snack Time, ARMC 1:00 History of Pirates, TVMC 2:30 Snack Time, ARMC 6:00 Cinema Saturday, TVMC
30 9:15 Soothing Yoga, ARMC 10:30 Snack Time, ARMC 11:00 Virtual Church Service, ARMC 3:00 Indoor Picnic, TVMC	31 9:15 Zumba Fitness, TVMC 10:15 Learning the Shag, TVMC 10:30 Snack Time, ARMC 1:30 Devotional Discussion, TVMC 2:30 Snack Time, ARMC 2:30 Baking Club, ARMC					