

## Meet Our New Dining Services Director!

Zachary Wildman, "Zack," began his career with Carolina Gardens at Harbison on Dec. 30, 2019. He has already brought many transformations to our Kitchen and Dining experience for our residents. Zack has been in health care for about 6 years now, but has been working in the kitchen since the age of 16. He brings so much to our Kitchen, not only in terms of experience but his motivational abilities. Zack is excited and optimistic about moving forward with the team we have and says there are great things to come! He enjoys giving back to previous generations. In his free time, Zack enjoys being on the lake, woodworking, and pulling for the Gamecocks!



## Fancy Footwork

A highlight of many St. Patrick's Day festivities is the fast footwork and lively music of Irish dancing.

Step dancing is the most well-known form of Irish dance. In the 1700s, this pastime became more structured with the emergence of dance masters, teachers who traveled from village to village to give dance lessons. These teachers also formalized the choreography of traditional step dances and inspired dance competitions that continue today.

Jigs, reels, slips and hornpipes are all types of step dances, and while styles differ between them, the emphasis is always on the feet. The dancer's upper body usually remains rigid, arms loose at the sides, with quick movements by the legs and feet. Traditional Irish music, featuring fiddles, hand drums and Irish bagpipes, accompanies the dancing. When dancers wear hard-soled shoes, their stepping creates a powerful sound that adds to the music's rhythm.

The popularity of Irish step dancing soared worldwide after the debut of the stage show "Riverdance" in 1995.

## Fireside Chats With FDR

Throughout his presidency, Franklin D. Roosevelt led Americans through the historic challenges of the Great Depression and World War II by coming into their homes with his radio fireside chats.

In March 1933, just over a week into his first term as president, Roosevelt delivered a nationwide radio broadcast from the White House, offering reassurance about the banking crisis. It was the first of what became known as fireside chats, so named by a radio executive due to their calm, down-to-earth style.

Occurring several times a year, the fireside chats grew to be a hallmark of Roosevelt's time in office and drew tens of millions of listeners. In a conversational tone and using simple analogies to explain policies and global events, the president spoke for 10 to 40 minutes, informing the public and offering encouragement through the difficulties. Many of the chats began with FDR addressing the nation personally as "My friends," and at the end of every broadcast, "The Star-Spangled Banner" was played.

Roosevelt gave some 30 fireside chats, the last one airing in June 1944. The original recordings have been selected for preservation by the National Recording Registry at the Library of Congress.

# Carolina Gardens at Harbison Lifestyle



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MEMORY CARE COMMUNITY

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MARCH 2020

## Dear Residents, Family and Friends of Carolina Gardens Harbison

As a Management team, we are very excited about the many transformations taking shape within our amazing community! For starters, much of our team is brand new and we have hit the ground running to make things better for our community. We are excited to be getting a facelift with some upcoming improvements made to our buildings and grounds, complete with a new name now that we are under Tarantino Properties. The Dietary Department has undergone some improvements with the addition of fresh, local foods, produce and soups. We have begun adding more outings and varied activities that are being carried out by our amazing staff, Caregivers, Volunteers and new Activities Director. We are excited about the future of being able to provide the best service and care to our treasured residents and family members.



## Employee of the Month

Christopher Dickerson, "Chris," is a dynamic part of our Kitchen! He brought over 10 years of experience when he joined Carolina Gardens at Harbison last fall. Zack tells how Chris has an excellent work ethic, great attitude and is always willing to go the extra mile for residents and team members! Thank you Chris, for being such a great Cook and asset to our team!



MEMORY CARE

**MARCH 2020**

**Locations**

Activity Room, Memory Care, ARMC

Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

**Birthdays**

Lillie Gill, 3rd

Dixie Wright, 8th

Constance Bloom, 12th

Catherine Ebling, 27th

**Transportation Schedule**

**Tuesday, 10:15 a.m.**

Shopping Trip: Varies

**Wednesday, By Appt.**

Doctor Appointments

**Wednesday, 11 a.m.**

Scenic Drive: 1st & 3rd Wednesdays

**Thursday, Leave 10 a.m., class at 10:45 a.m.** (1st Thursdays of month)

Harbison Community Center

**Thursday, 11:30 a.m.**

Lunch Bunch: 2nd & 4th Thursdays

**Friday, 10:15 a.m.**

Shopping Trip: Walmart

*Activities Subject to Change*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Morning Brew, ARMC <sup>1</sup> 10:30 Snack Social, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Puzzles & Games, ARMC 2:30 Snack Social, ARMC <b>3:00 Columbia Lay Speakers, ARMC</b> 5:00 Cinema Sunday, TVMC	9:30 Morning Brew, ARMC <sup>2</sup> 10:15 Chair Exercise, ARMC 10:30 Snack Social, ARMC <b>11:00 Hymns &amp; Devotion w/David, ARMC</b> 2:30 Snack Social, ARMC 3:00 Games w/Jennifer, ARMC 4:00 Put on your Thinking Caps!, TVMC	9:30 Morning Brew, ARMC <sup>3</sup> <b>Peach Blossom Day</b> 9:30 Morning Brew, ARMC 10:00 Zumba Chair Exercise, VDR 10:30 Snack Social, ARMC 2:30 Snack Social, ARMC 3:00 Color Cards, ARMC	9:30 Morning Brew, ARMC <sup>4</sup> <b>10:00 Worship w/Riverland Hills, ARMC</b> 10:00 Strength Training, ARMC 10:30 Snack Social, ARMC <b>11:00 Scenic Drive, O</b> <b>2:00 Trish &amp; Furry Friends Visit, ARMC</b> 2:30 Snack Social, ARMC	9:30 Morning Brew, ARMC <sup>5</sup> 10:00 Chair Yoga, VDR 10:30 Snack Social, ARMC 10:30 DIY Crafts w/Roy, ARMC 2:30 Snack Social, ARMC 4:30 Name That Tune Singalong, ARMC	9:30 Morning Brew, ARMC <sup>6</sup> 10:00 Morning Stretch, ARMC 10:30 Snack Social, ARMC 11:00 House Manicures, ARMC <b>2:00 Happy Hour, ARMC</b> 3:30 Finish That Old Timey Phrase, TVMC	9:30 Coffee & Cookies, ARMC <sup>7</sup> 10:30 Snack Social, ARMC 11:00 Saturday Singalong, ARMC 1:30 Noodle Ball, ARMC 2:30 Snack Social, ARMC 3:00 Story of My Life, TVMC
DAYLIGHT SAVING TIME BEGINS <sup>8</sup> 9:30 Morning Brew, ARMC 10:30 Snack Social, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Puzzles & Games, ARMC 2:30 Snack Social, ARMC <b>3:00 Columbia Lay Speakers, ARMC</b> 5:00 Cinema Sunday, TVMC	9:30 Morning Brew, ARMC <sup>9</sup> 10:15 Chair Exercise, ARMC 10:30 Snack Social, ARMC 2:30 Snack Social, ARMC 4:00 Put on your Thinking Caps!, TVMC	9:30 Morning Brew, ARMC <sup>10</sup> 10:00 Zumba Chair Exercise, VDR 10:30 Snack Social, ARMC 2:30 Snack Social, ARMC 3:00 Color Cards, ARMC <b>5:30 St. Paddy's Family Night, ARMC</b>	<b>Johnny Appleseed Day</b> <sup>11</sup> 9:30 Morning Brew, ARMC <b>10:00 Sing w/Martha &amp; Friends, ARMC</b> 10:00 Strength Training, ARMC 10:30 Snack Social, ARMC <b>2:00 Trish &amp; Furry Friends Visit, ARMC</b> 2:30 Snack Social, ARMC	<b>Popcorn Lovers' Day</b> <sup>12</sup> 9:30 Morning Brew, ARMC 10:00 Chair Yoga, VDR 10:30 Snack Social, ARMC 10:30 DIY Crafts w/Roy, ARMC 2:30 Snack Social, ARMC 4:30 Name That Tune Singalong, ARMC	9:30 Morning Brew, ARMC <sup>13</sup> 10:00 Morning Stretch, ARMC 10:30 Snack Social, ARMC 11:00 House Manicures, ARMC <b>2:00 Happy Hour, ARMC</b> 3:30 Finish That Old Timey Phrase, TVMC	9:30 Coffee & Cookies, ARMC <sup>14</sup> 10:30 Snack Social, ARMC 11:00 Saturday Singalong, ARMC 1:30 Balloon Toss, ARMC 2:30 Snack Social, ARMC 3:00 Story of My Life, TVMC
9:30 Morning Brew, ARMC <sup>15</sup> <b>10:00 Worship Service w/ Pr. Brett, ARMC</b> 10:30 Snack Social, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Puzzles & Games, ARMC 2:30 Snack Social, ARMC <b>3:00 Columbia Lay Speakers, ARMC</b> 5:00 Cinema Sunday, TVMC	9:30 Morning Brew, ARMC <sup>16</sup> 10:15 Chair Exercise, ARMC 10:30 Snack Social, ARMC 2:30 Snack Social, ARMC 3:00 Games w/Jennifer, ARMC 4:00 Put on your Thinking Caps!, TVMC	ST. PATRICK'S DAY <sup>17</sup> 9:30 Morning Brew, ARMC 10:00 Zumba Chair Exercise, VDR 10:30 Snack Social, ARMC 2:30 Snack Social, ARMC 3:00 Color Cards, ARMC <b>5:30 Family Night, ARMC</b>	9:30 Morning Brew, ARMC <sup>18</sup> <b>10:00 Sing w/Martha &amp; Friends, ARMC</b> 10:00 Strength Training, ARMC 10:30 Snack Social, ARMC <b>11:00 Scenic Drive, O</b> <b>2:00 Trish &amp; Furry Friends Visit, ARMC</b> 2:30 Snack Social, ARMC	FIRST DAY OF SPRING <sup>19</sup> 9:30 Morning Brew, ARMC 10:00 Chair Yoga, VDR 10:30 Snack Social, ARMC 10:30 DIY Crafts w/Roy, ARMC 2:30 Snack Social, ARMC 4:30 Name That Tune Singalong, ARMC	9:30 Morning Brew, ARMC <sup>20</sup> 10:00 Morning Stretch, ARMC 10:30 Snack Social, ARMC 11:00 House Manicures, ARMC <b>2:00 Happy Hour, ARMC</b> 3:30 Finish That Old Timey Phrase, TVMC	9:30 Coffee & Cookies, ARMC <sup>21</sup> 10:30 Snack Social, ARMC 11:00 Saturday Singalong, ARMC 1:30 Noodle Ball, ARMC 2:30 Snack Social, ARMC 3:00 Story of My Life, TVMC
9:30 Morning Brew, ARMC <sup>22</sup> 10:30 Snack Social, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Puzzles & Games, ARMC 2:30 Snack Social, ARMC <b>3:00 Columbia Lay Speakers, ARMC</b> 5:00 Cinema Sunday, TVMC	9:30 Morning Brew, ARMC <sup>23</sup> 10:15 Chair Exercise, ARMC 10:30 Snack Social, ARMC 2:30 Snack Social, ARMC 4:00 Put on your Thinking Caps!, TVMC	9:30 Morning Brew, ARMC <sup>24</sup> 10:00 Zumba Chair Exercise, VDR 10:30 Snack Social, ARMC 2:30 Snack Social, ARMC 3:00 Color Cards, ARMC	<b>International Waffle Day</b> <sup>25</sup> 9:30 Morning Brew, ARMC <b>10:00 Sing w/Martha &amp; Friends, ARMC</b> 10:00 Strength Training, ARMC 10:30 Snack Social, ARMC <b>2:00 Trish &amp; Furry Friends Visit, ARMC</b> 2:30 Snack Social, ARMC	9:30 Morning Brew, ARMC <sup>26</sup> 10:00 Chair Yoga, VDR 10:30 Snack Social, ARMC 10:30 DIY Crafts w/Roy, ARMC 2:30 Snack Social, ARMC 4:30 Name That Tune Singalong, ARMC	9:30 Morning Brew, ARMC <sup>27</sup> 10:00 Morning Stretch, ARMC 10:30 Snack Social, ARMC 11:00 House Manicures, ARMC <b>2:00 Happy Hour, ARMC</b> 3:30 Finish That Old Timey Phrase, TVMC	9:30 Coffee & Cookies, ARMC <sup>28</sup> 10:30 Snack Social, ARMC 11:00 Saturday Singalong, ARMC 1:30 Balloon Toss, ARMC 2:30 Snack Social, ARMC 3:00 Story of My Life, TVMC
9:30 Morning Brew, ARMC <sup>29</sup> 10:30 Snack Social, ARMC 11:00 TV Church Service, Chan. 9, ARMC 1:30 Puzzles & Games, ARMC 2:30 Snack Social, ARMC <b>3:00 Columbia Lay Speakers, ARMC</b> 5:00 Cinema Sunday, TVMC	<b>Walk in the Park Day</b> <sup>30</sup> 9:30 Morning Brew, ARMC 10:15 Chair Exercise, ARMC 10:30 Snack Social, ARMC 1:30 Music w/Faith Brothers, ARMC 2:30 Snack Social, ARMC 4:00 Put on your Thinking Caps!, TVMC	9:30 Morning Brew, ARMC <sup>31</sup> 10:00 Zumba Chair Exercise, VDR 10:30 Snack Social, ARMC 2:30 Snack Social, ARMC 3:00 Color Cards, ARMC				