

Emblems of the Emerald Isle

Everybody's Irish on St. Patrick's Day, so put on some green and learn about Ireland's most iconic symbols.

Shamrock: This lush green clover grows abundantly throughout the island. Ancient Celts believed its three leaves represented faith, hope and love. The similar but hard-to-find four-leaf clover includes an additional aspect: luck.

Celtic harp: The medieval triangular harp was played at the courts of kings and chieftains. Now the Irish national emblem, the Celtic harp can be found on everything from coins to official documents.

Claddagh ring: Often worn as an engagement or wedding ring, this piece of jewelry dates back hundreds of years. The story goes that a 16th-century fisherman from the village of Claddagh was kidnapped and forced to work as a goldsmith's apprentice. While learning the trade, he designed a ring of two hands holding a crowned heart, signifying friendship, love and loyalty.



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!

Neighborly Lessons From Mr. Rogers

He taught many children the importance of kindness, and his legacy lives on every year on his birthday, March 20, as Won't You Be My Neighbor Day. Take some pointers from Mr. Rogers on how to do good in your neighborhood.

Say hello — In each episode of "Mister Rogers' Neighborhood," the soft-spoken host took time to say "Hi, neighbor!" to his viewers. A simple greeting can make others feel noticed and important. Regularly exchanging hellos can also lead to a friendly relationship between neighbors.

Communicate and listen — Kids learned how to handle conflict peacefully from the puppets that lived in the Neighborhood of Make-Believe. Hearing what others have to say and offering your own opinion in a gentle manner makes solving problems easier.

Be a helper — During frightening events, Mr. Rogers reminded us of his mother's advice: "Look for the helpers. You will always find people who are helping." No matter what's going on in the world, you can always offer assistance to members of your community, in both big and small ways.



THE Harbison Shores Lifestyle



HARBISON SHORES
SENIOR LIVING AT EASE

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MEMORY CARE 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



MEMORY CARE

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 10:00 Coloring, ARMC 1:30 Mardi Gras Parade, ARMC 2:30 Snack Time, ARMC 3:30 Move and Groove Class, ARMC	ASH WEDNESDAY 2 10:00 Drive in Movie: “The Cat in the Hat,” TVMC 1:30 Dr. Seuss’s Birthday Trivia, ARMC 2:30 Snack Time: 1 Fish, 2 Fish, Red Fish, Blue Fish, ARMC 3:30 Fox in Socks Craft, ARMC			
6 9:15 Soothing Yoga, ARMC 11:00 Virtual Church Service, ARMC 2:00 Arts and Crafts, ARMC 3:00 Indoor Picnic, TVMC	7 10:00 Learning the Shag, TVMC 1:30 Bible Trivia, TVMC 2:30 Baking Club, ARMC 3:30 Matching, ARMC	8 10:00 Coloring, ARMC 1:30 Pictionary, ARMC 2:30 Snack Time, ARMC 3:30 Hands Up: Exploring Different Textures, ARMC	9 10:00 Music, ARMC 1:30 Bowling, TVMC 2:30 Dance w/Me: Hokey Pokey, ARMC 3:30 Snack Time, ARMC	10 10:00 Passport to Wellness, TVMC 1:30 Bingo, ARMC 2:30 Snack Time, ARMC 3:30 Painting, ARMC	11 10:00 Balloon Tennis, ARMC 1:30 Bubbles, ARMC 2:30 Snack Time, ARMC 3:30 Handbells and Hymns, ARMC	12 9:15 Dance Exercise, ARMC 1:00 Music, ARMC 2:00 Arts and Crafts, ARMC 6:00 Cinema Saturday, TVMC
DAYLIGHT SAVING TIME BEGINS 13 9:15 Soothing Yoga, ARMC 11:00 Virtual Church Service, ARMC 2:00 Arts and Crafts 3:00 Indoor Picnic, TVMC	14 10:00 Ball Toss Game, TVMC 1:30 Movie Time: “Luck of the Irish,” TVMC 2:30 Snack Time, ARMC 3:30 Woman’s Group: Manicures, ARMC	15 10:00 Move and Groove Glass, ARMC 1:30 Puzzles, ARMC 2:30 Find the Leprechaun Game, ARMC 3:30 Devotional Discussion, TVMC	16 10:00 Color Sorting, ARMC 1:30 Snack Time: Lucky Charms Cereal, ARMC 2:30 Let’s Make Rainbows: Craft, ARMC 3:30 Bingo, ARMC	ST. PATRICK’S DAY 17 1:00 St. Patrick’s Day Celebration, TVMC	18 10:00 Music, ARMC 1:30 Cards, ARMC 2:30 Bible Study, TVMC 3:30 Senior Science: Let’s Make Slime, ARMC	19 9:15 Dance Exercise, ARMC 1:00 Snack Time, ARMC 2:00 Arts and Crafts, ARMC 6:00 Cinema Saturday, TVMC
SPRING BEGINS 20 9:15 Soothing Yoga, TVMC 11:00 Virtual Church Service, ARMC 2:00 Balloon Bop, TVMC 3:00 Snack Time, ARMC	21 10:00 Word Scramble, ARMC 1:30 Name That Animal, TVMC 2:30 Bubbles, TVMC 3:30 Passport to Wellness, TVMC	22 10:00 Oceans of Education: Learning About the Sea, TVMC 1:30 Arts and Crafts, ARMC 2:30 Number Game, ARMC 3:30 Dance w/Me: Hokey Pokey, TVMC	23 10:00 Hot Potato Game, TVMC 1:30 Coloring, ARMC 2:30 Connect Four, ARMC 3:30 Karaoke, ARMC	24 10:00 Zumba Fitness, TVMC 1:30 Puzzles, ARMC 2:30 National Cocktail Day: Snack Time Treat, ARMC 3:30 Bingo, ARMC	25 10:00 Music, TVMC 1:30 Pictionary, ARMC 2:30 Board Games, ARMC 3:30 Snack Time, ARMC	26 9:15 Dance Exercise, ARMC 1:00 Devotional Discussion, TVMC 2:00 Arts and Crafts, ARMC 6:00 Saturday Cinema
27 9:15 Dance Exercise, ARMC 11:00 Virtual Church Service, TVMC 2:00 Arts and Crafts, TVMC 3:00 Snack Time, ARMC	28 10:00 Painting, ARMC 1:30 Women’s Group: Manicures, ARMC 2:30 Gardening, ARMC 3:30 Passport to Wellness, TVMC	29 10:00 Music, ARMC 1:30 Tic Tac Toe, ARMC 2:30 Snack Time: Ice Cream Social, ARMC 3:30 TV Time: Bonanza, TVMC	30 10:00 Move and Groove Class, ARMC 1:30 Arts and Crafts, ARMC 2:30 Bible Trivia, ARMC 3:30 Snack Time, ARMC	31 10:00 Magazine Hunt, ARMC 1:30 Nature Walk: Explore Outside, O 2:30 Snack Time, ARMC 3:30 Bingo, ARMC		