

Breaking Barriers, Making History

When baseball team members across the country put on No. 42 on April 15, they're honoring one of the biggest moments in sports history, when Jackie Robinson became the first Black player in the major leagues.



In baseball's early days, a few Black players played alongside whites, but in the late 1800s, major league team owners agreed to make the sport segregated. A handful of mixed-race and Latino athletes were accepted in the MLB, but African American players could only play in the Negro Leagues.

By the 1940s, several teams wanted to get rid of baseball's color barrier. Branch Rickey, the president and general manager of the Brooklyn Dodgers, chose Robinson to play for the team. Robinson appealed to Rickey not only for his athletic ability, but also for his poise and strength of character.

On April 15, 1947, Robinson suited up in his No. 42 uniform and took the field as a first baseman for the Dodgers. In his first season, he was named the National League's Rookie of the Year. Later accomplishments include an MVP title, six All-Star games, multiple league pennants and a World Series win with the Dodgers.

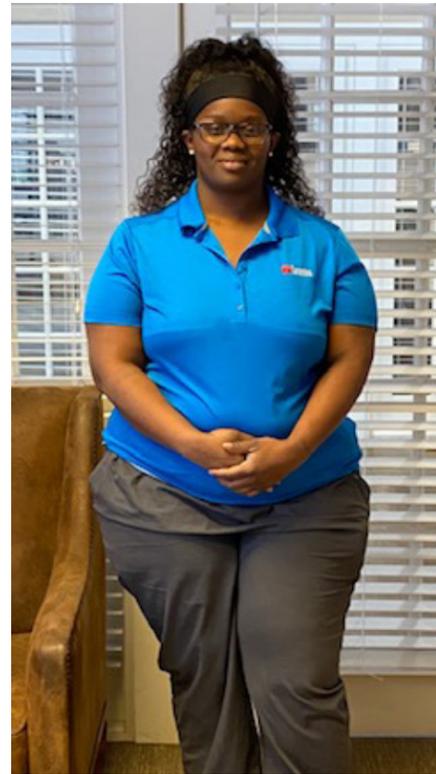
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Employee of the Month!

"But even with the inspiration of others, it's understandable that we sometimes think the world's problems are so big that we can do little to help. On our own, we cannot end wars or wipe out injustice, but the cumulative impact of thousands of small acts of goodness can be bigger than we imagine."
-Queen Elizabeth II

Congratulations to our Employee of the Month, Darlene! Thank you for always showing the benefits of having a great character and being inspirational!



Quick Fixes To Reduce Stress

Stress is a normal experience, but it can be overwhelming. Regain control of a situation with some quick relaxation methods.

One of the first things you can do is take some slow, deep breaths. Breathe in through your nose, hold for a few seconds, then release your breath. Repeating this pattern a few times slows your heart rate and helps you feel calmer.

If you're near a window, look outside and focus on clouds in the sky, a tree or other aspects of nature that you see, even if you're surrounded by buildings. Mental health experts say this is enough to feel the therapeutic effects of the outdoors. Another option is to gaze at a photo of calming scenery.

Many of us hold tension in our neck and shoulders. Sit up straight, stretch your arms and roll your neck from side to side to fix your posture. If possible, get up and take a 5-minute walk to move your body and clear your head.

Create a "happy playlist" that you can turn on during stressful moments. Tapping your toes and singing along releases endorphins that boost your mood.

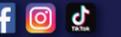
Hug it out! Whether a friend or family member, research suggests that a 30-second hug can reduce stress levels and lower your blood pressure.



THE Harbison Shores Lifestyle



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APRIL 2022

Hello, from the Executive Director!

Thinking back about the last two years we have all been through, what a better time for us to be excited about spring and Easter.

"Spring adds new life and joy to all that is."
-Jessica Harrelson

We are excited for spring, as this means warmer days that we all can enjoy outside. We are planning more outside activities beginning this spring.

On April 21, 2022, at 5:30 p.m., we are having a family night so our families can meet each other and enjoy an evening of fellowship and fun.

As I contemplated on Easter, the following thought came to me.

What is Easter and what does it mean to different people?

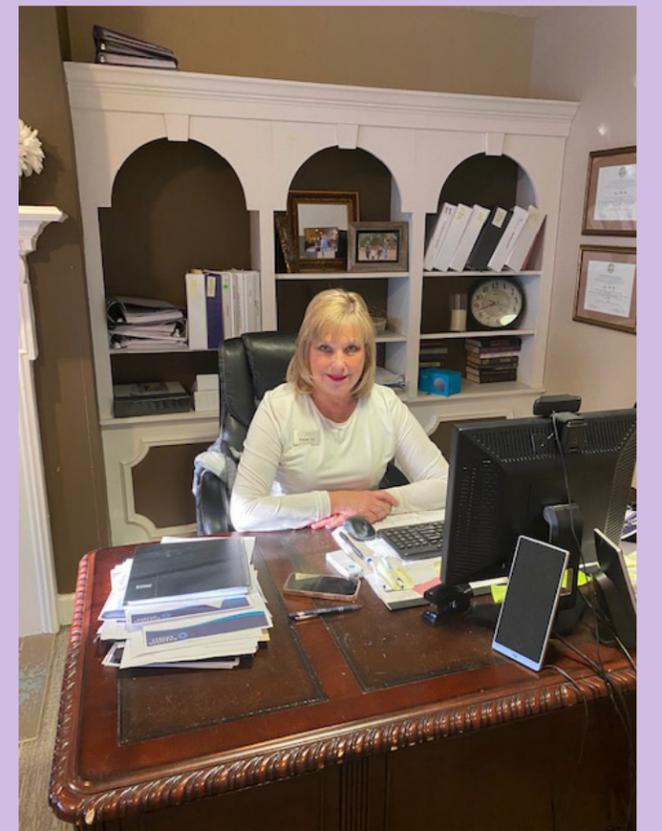
Easter is the annual celebration of Christ's resurrection to life and death. The day is also called Resurrection Sunday. The word Easter is related to the word East, which naturally points us to the sunrise, to new days and new beginnings.

Easter is a Christian holiday, and Christian celebrations focus on the true meaning of Easter.

For many, it is also the time to dye eggs, hide them and send children in search of the different colored eggs.

Easter means there is hope for us. At Harbison Shores, we are looking forward to a nice spring with the beginning of family get-togethers and outings for all.

Elaine M. Till, NHA, CRCA
Executive Director



MEMORY CARE
APRIL 2022
Locations

Activity Room, Memory Care, ARMC

Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

Birthdays

Donald Wood, 23rd

“A heart of gold is where the rainbow begins.”
—Tammy L. Kubasko
Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
3 9:15 Soothing Yoga, TVMC 11:00 Virtual Church Service, ARMC 2:00 Arts and Crafts, ARMC 3:00 Book Club Reading, ARMC	4 9:15 TV Time, TVMC 1:30 Ball Toss Game, TVMC 2:30 Snack Social, ARMC 3:30 Let's Fly Kites!, O	5 9:15 TV Time, TVMC 10:00 Move and Groove: Therapy Exercise Class, TVMC 10:00 Keith Watson: Senior Choir 11:00 Mrs. Da Queeta's Beauty/Barbershop 1:30 Exploring Wildlife: Animal Trivia, ARMC 2:30 Snack Social, ARMC	6 9:15 TV Time, TVMC 10:00 John Gibbons Musical Moment, TVMC 11:00 Arts and Crafts, ARMC 1:30 Dance w/Me: Hokey Pokey, TVMC 2:30 Snack Social, ARMC	7 9:15 TV Time, TVMC 10:00 Move and Groove: Therapy Exercise Class, TVMC 11:00 Bingo, ARMC 2:30 Snack Social, ARMC 3:30 Action Dice, TVMC	8 9:15 TV Time, TVMC 11:00 Bunny Craft, ARMC 2:30 Snack Social, ARMC 3:30 Handbells and Hymns, ARMC	9 9:15 Dance Exercise, ARMC 1:00 National PB&J Day Snack Time: PB&J Treat, ARMC 2:00 World Autism Awareness Day: Puzzle Art, ARMC 6:00 Cinema Saturday, TVMC
PALM SUNDAY 10 9:15 Soothing Yoga, TVMC 11:00 Virtual Church Service, ARMC 2:00 Arts and Crafts, ARMC 3:00 Book Club Reading, ARMC	11 9:15 TV Time, TVMC 11:00 Close Up Trivia, TVMC 2:30 Snack Social, ARMC 3:00 Connect Four, ARMC	12 9:15 TV Time, TVMC 10:00 Move and Groove: Therapy Exercise Class, TVMC 11:00 Mrs. Da Queeta's Beauty/Barbershop 2:30 Snack Social, ARMC	13 9:15 TV Time, TVMC 10:00 John Gibbons Musical Moment, TVMC 11:00 Arts and Crafts, ARMC 2:30 Snack Social, ARMC	14 9:15 TV Time, TVMC 10:00 Move and Groove: Therapy Exercise Class, TVMC 11:00 Bingo, ARMC 2:30 Snack Social, ARMC	GOOD FRIDAY 15 PASSOVER BEGINS AT SUNSET 9:15 TV Time, TVMC 1:30 Easter Egg Hunt, ARMC 2:30 Snack Social, ARMC	16 9:15 Dance Exercise, ARMC 11:00 Let's Dye Easter Eggs!, ARMC 6:00 Cinema Saturday, TVMC
EASTER 17 9:15 Soothing Yoga, TVMC 11:00 Virtual Church Service, ARMC 2:00 Arts and Crafts, ARMC 3:00 Book Club Reading, ARMC	18 9:15 TV Time, TVMC 10:00 Cards, ARMC 11:00 Magazine Hunt, ARMC 2:30 Snack Social, ARMC	19 9:15 TV Time, TVMC 10:00 Move and Groove: Therapy Exercise Class, TVMC 11:00 Mrs. Da Queeta's Beauty/Barbershop 2:30 Snack Social, ARMC	20 9:15 TV Time, TVMC 10:00 John Gibbons Musical Moment, TVMC 11:00 Arts and Crafts, ARMC 2:30 Snack Social, ARMC	21 9:15 TV Time, TVMC 10:00 Move and Groove: Therapy Exercise Class, TVMC 11:00 Bingo, ARMC 2:30 Snack Social, ARMC 5:30 Family Night	EARTH DAY 22 9:15 TV Time, TVMC 11:00 National Earth Day: History of Earth & More, TVMC 2:30 Snack Social, ARMC	23 9:15 Dance Exercise, ARMC 1:00 Nature Walk: Exploring Outside, O 6:00 Cinema Saturday, TVMC
24 9:15 Soothing Yoga, TVMC 11:00 Virtual Church Service, ARMC 2:00 Arts and Crafts, ARMC 3:00 Book Club Reading, ARMC	25 9:15 TV Time, TVMC 2:30 Snack Social, ARMC	26 9:15 TV Time, TVMC 10:00 Move and Groove: Therapy Exercise Class, TVMC 11:00 Mrs. Da Queeta's Beauty/Barbershop 2:30 Snack Social, ARMC	27 9:15 TV Time, TVMC 10:00 John Gibbons Musical Moment, TVMC 11:00 Arts and Crafts, ARMC 2:30 Snack Social, ARMC	28 9:15 TV Time, TVMC 10:00 Move and Groove: Therapy Exercise Class, TVMC 11:00 Bingo, ARMC 2:30 Snack Social, ARMC	29 9:15 TV Time, TVMC 2:00 Karaoke, TVMC 2:30 Snack Social, ARMC 11:00 Coloring, TVMC	30 9:15 Dance Exercise, ARMC 2:00 National Oatmeal Cookie Day: Milk and Cookie Party, ARMC 6:00 Cinema Saturday, TVMC