

Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, WomensMemorial.org.

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.



Harbison Shores Welcomes Ryan Klemmer!

Meet Ryan Klemmer,

Our new Executive Director Assistant, Business Office Manager, and Activity Representative. Ryan has been a part of the Tarantino Company for going on 8 years. Traveling from Florida, he has come to be a part of our wonderful team here at Harbison Shores!



Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration in this year's theme and learn why "Life Is Better in Motion."



Helps prevent illness — High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy — The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood — Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep — A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

Reduces fall risk — Exercise strengthens muscles and bones, increases flexibility, and improves balance — all benefits that are key to preventing falls and broken bones.

Enhances social life — Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.

THE Harbison Shores Lifestyle



HARBISON SHORES
SENIOR LIVING AT EASE

Like Us!



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

MAY 2022

Hello from the Executive Director!

May is the month in which we honor our mother's and remember the good memories of those mother's who are no longer with us.

Mother's Day is the day to honor all moms and celebrate motherhood. It's about honoring the mother of your family, the influential mother-like figures in our lives and recognizing the women for the strong and wonderful people they are.

The Harbison Shores Mothers are the sparkling diamonds of our life which add a dazzling effect every day.

A very warm Happy Mother's Day from Harbison Shores to all the mothers.

Elaine M. Till, NHA CRCA
Executive Director



Employee of the Month!

"Hard Work"

Living is an adventure
it is never an easy venture
it comprises many obstacles
man can not just rely on miracles
To survive man has to be resilient
aptly use his mind and be patient
like climbing the hill in life's travel
maybe hard but it brings in marvel

At the end of the road in
life's pathway
man can't always win but
hope has a way
do not ever quit to reach the
goal and move on
for every hard work there
awaits success to be won

- Marvin Brato Sr

Congratulations Jerry Spruill, our May Employee of the Month!
Thank you for all of your hard work.



MEMORY CARE

MAY 2022

Locations

Activity Room, Memory Care, ARMC

Outing, O

TV Room, Memory Care, TVMC

Villas, Upstairs Gathering Place, VUGP

Villas, Dining Room, VDR

“It would be wonderful to think that the future is unknown and sort of surprising.”

—Alan Rickman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MAY DAY 1</p> <p>9:15 TV Time, TVMC</p> <p>9:30 Soothing Yoga, TVMC</p> <p>11:00 Virtual Church Service, ARMC</p> <p>2:00 Arts and Crafts, ARMC</p> <p>3:00 Book Club Reading, ARMC</p>	<p>9:15 TV Time, TVMC 2</p> <p>10:00 Board Games, ARMC</p> <p>2:00 Word Search Puzzles, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 3</p> <p>11:00 Mrs. Da Queeta’s Beauty/Barbershop</p> <p>2:30 Balloon Bop, TVMC</p> <p>3:00 Snack Time, TVMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 4</p> <p>10:00 John Gibbons Musical Moment, TVMC</p> <p>11:00 Arts and Crafts, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>CINCO DE MAYO 5</p> <p>9:15 TV Time, TVMC</p> <p>11:00 Bingo, ARMC</p> <p>2:00 Coloring, ARMC</p> <p>2:00 Cinco de Mayo Celebration, VDR</p> <p>3:00 Ball Toss, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 6</p> <p>11:00 Music: Sing a Longs, TVMC</p> <p>2:00 Painting, ARMC</p> <p>3:00 Snack Time, TVMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 7</p> <p>9:30 Dance Exercise, ARMC</p> <p>11:00 Puzzles, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Nature Walk: Exploring Outside, O</p> <p>6:00 Cinema Saturday: Movie Date, TVMC</p>
<p>MOTHER’S DAY 8</p> <p>9:15 TV Time, TVMC</p> <p>9:30 Soothing Yoga, TVMC</p> <p>11:00 Virtual Church Service, ARMC</p> <p>2:00 Arts and Crafts, ARMC</p> <p>2:00 Mother’s Day Special, ARMC</p> <p>3:00 Book Club Reading, ARMC</p>	<p>9:15 TV Time, TVMC 9</p> <p>10:00 Board Games, ARMC</p> <p>2:00 Word Search Puzzles, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 10</p> <p>11:00 Mrs. Da Queeta’s Beauty/Barbershop</p> <p>2:30 Balloon Bop, TVMC</p> <p>3:00 Snack Time, TVMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 11</p> <p>10:00 John Gibbons Musical Moment, TVMC</p> <p>11:00 Arts and Crafts, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 12</p> <p>11:00 Bingo, ARMC</p> <p>2:00 Coloring, ARMC</p> <p>3:00 Ball Toss, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 13</p> <p>11:00 Music: Sing a Longs, TVMC</p> <p>2:00 Painting, ARMC</p> <p>3:00 Snack Time, TVMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 14</p> <p>9:30 Dance Exercise, ARMC</p> <p>11:00 Puzzles, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Nature Walk: Exploring Outside, O</p> <p>6:00 Cinema Saturday: Movie Date, TVMC</p>
<p>9:15 TV Time, TVMC 15</p> <p>9:30 Soothing Yoga, TVMC</p> <p>11:00 Virtual Church Service, ARMC</p> <p>2:00 Arts and Crafts, ARMC</p> <p>3:00 Book Club Reading, ARMC</p>	<p>9:15 TV Time, TVMC 16</p> <p>10:00 Board Games, ARMC</p> <p>2:00 Word Search Puzzles, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 17</p> <p>11:00 Mrs. Da Queeta’s Beauty/Barbershop</p> <p>2:30 Balloon Bop, TVMC</p> <p>3:00 Snack Time, TVMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 18</p> <p>10:00 John Gibbons Musical Moment, TVMC</p> <p>11:00 Arts and Crafts, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 19</p> <p>11:00 Bingo, ARMC</p> <p>2:00 Coloring, ARMC</p> <p>3:00 Ball Toss, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 20</p> <p>11:00 Music: Sing a Longs, TVMC</p> <p>2:00 Painting, ARMC</p> <p>3:00 Snack Time, TVMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 21</p> <p>9:30 Dance Exercise, ARMC</p> <p>11:00 Puzzles, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Nature Walk: Exploring Outside, O</p> <p>6:00 Cinema Saturday: Movie Date, TVMC</p>
<p>9:15 TV Time, TVMC 22</p> <p>9:30 Soothing Yoga, TVMC</p> <p>11:00 Virtual Church Service, ARMC</p> <p>2:00 Arts and Crafts, ARMC</p> <p>3:00 Book Club Reading, ARMC</p>	<p>9:15 TV Time, TVMC 23</p> <p>10:00 Board Games, ARMC</p> <p>2:00 Word Search Puzzles, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 24</p> <p>11:00 Mrs. Da Queeta’s Beauty/Barbershop</p> <p>2:30 Balloon Bop, TVMC</p> <p>3:00 Snack Time, TVMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 25</p> <p>10:00 John Gibbons Musical Moment, TVMC</p> <p>11:00 Arts and Crafts, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 26</p> <p>11:00 Bingo, ARMC</p> <p>2:00 Coloring, ARMC</p> <p>3:00 Ball Toss, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 27</p> <p>11:00 Music: Sing a Longs, TVMC</p> <p>2:00 Painting, ARMC</p> <p>3:00 Snack Time, TVMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 28</p> <p>9:30 Dance Exercise, ARMC</p> <p>11:00 Puzzles, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Nature Walk: Exploring Outside, O</p> <p>6:00 Cinema Saturday: Movie Date, TVMC</p>
<p>9:15 TV Time, TVMC 29</p> <p>9:30 Soothing Yoga, TVMC</p> <p>11:00 Virtual Church Service, ARMC</p> <p>2:00 Arts and Crafts, ARMC</p> <p>3:00 Book Club Reading, ARMC</p>	<p>MEMORIAL DAY 30</p> <p>9:15 TV Time, TVMC</p> <p>10:00 Board Games, ARMC</p> <p>2:00 Word Search Puzzles, ARMC</p> <p>2:30 Snack Time, ARMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>	<p>9:15 TV Time, TVMC 31</p> <p>11:00 Mrs. Da Queeta’s Beauty/Barbershop</p> <p>2:30 Balloon Bop, TVMC</p> <p>3:00 Snack Time, TVMC</p> <p>3:00 Fun w/Ryan: Singalongs, Word Games, “RW,” Etc., ARMC</p>				