

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.

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!

Court Entertainers

For 95 years, the Harlem Globetrotters have "hooped" it up as one of the world's most talented and entertaining basketball teams.

Formed by Chicago businessman Abe Saperstein, the Globetrotters played their first game on Jan. 7, 1927, in Hinckley, Ill. The team was given the name "Harlem Globetrotters" in order to be associated with the African American cultural hub in New York City and to imply that they were world travelers.

At first, the Globetrotters stayed within the Midwest region of the U.S., playing thousands of games and introducing basketball to audiences who had never seen the sport before. In the late 1930s, the team began to perform comedy routines and ball-handling tricks while on the court. Spectators responded well to these antics, which also gave team members a chance to rest while one player showed off his skills with the ball. These acts of showmanship, combined with the whistling theme song "Sweet Georgia Brown," became the Globetrotters' signature brand of entertainment.

In 1950, the team started traveling to other countries, earning international attention and praise. They played their first actual game in Harlem in 1968.

To date, the Globetrotters have played more than 25,000 games for millions of fans around the world.



THE Harbison Shores Lifestyle

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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

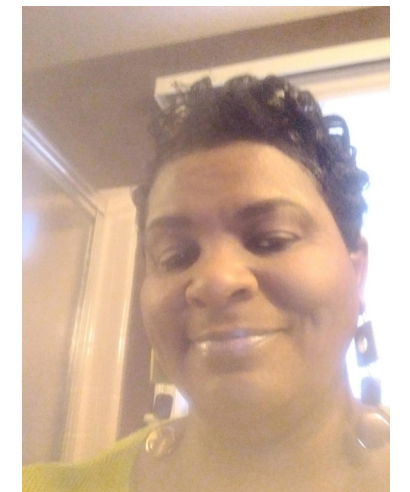


Congratulations to Our 2021 Employee of the Year!

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
						<p>NEW YEAR'S DAY 1</p> <p>10:30 Individual Snack Social</p> <p>1:30 Afternoon Walk, O</p> <p>2:30 Snack Time, VDR</p> <p>3:00 Song Trivia, VDR</p> <p>6:00 Cinema Saturday, VUGP</p>
<p>9:15 Bowling and Outdoor Games, VDR 2</p> <p>10:30 Individual Snack Social</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Morning Exercise, VDR 3</p> <p>10:30 Individual Snack Social</p> <p>11:00 Daily Devotional Discussion, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Morning Exercise, VDR 4</p> <p>10:30 Individual Snack Social</p> <p>2:00 Book Club, VUGP</p> <p>2:30 Hymns and Snacks, VDR</p> <p>2:30 Snack Time, VDR</p>	<p>10:15 Morning Yoga, VUGP 5</p> <p>10:30 Individual Snack Social</p> <p>2:30 Meditation, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Morning Exercise, VDR 6</p> <p>10:00 Weekly Trivia, VDR</p> <p>10:30 Individual Snack Social</p> <p>11:00 Bible Study, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Some Good News: Self-Directed, VUGP 7</p> <p>9:30 Morning Exercise, VDR</p> <p>10:30 Individual Snack Social</p>	<p>10:30 Individual Snack Social 8</p> <p>1:30 Afternoon Walk, O</p> <p>2:30 Snack Time, VDR</p> <p>3:00 Song Trivia, VDR</p> <p>6:00 Cinema Saturday, VUGP</p>
<p>9:15 Bowling and Outdoor Games, VDR 9</p> <p>10:30 Individual Snack Social</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Morning Exercise, VDR 10</p> <p>10:30 Individual Snack Social</p> <p>11:00 Daily Devotional Discussion, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Morning Exercise, VDR 11</p> <p>10:30 Individual Snack Social</p> <p>2:00 Book Club, VUGP</p> <p>2:30 Hymns and Snacks, VDR</p> <p>2:30 Snack Time, VDR</p>	<p>10:15 Morning Yoga, VUGP 12</p> <p>10:30 Individual Snack Social</p> <p>2:30 Meditation, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Morning Exercise, VDR 13</p> <p>10:00 Weekly Trivia, VDR</p> <p>10:30 Individual Snack Social</p> <p>11:00 Bible Study, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Some Good News: Self-Directed, VUGP 14</p> <p>9:30 Morning Exercise, VDR</p> <p>10:30 Individual Snack Social</p>	<p>10:30 Individual Snack Social 15</p> <p>1:30 Afternoon Walk, O</p> <p>2:30 Snack Time, VDR</p> <p>3:00 Song Trivia, VDR</p> <p>6:00 Cinema Saturday, VUGP</p>
<p>9:15 Bowling and Outdoor Games, VDR 16</p> <p>10:30 Individual Snack Social</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>MARTIN LUTHER KING JR. DAY 17</p> <p>9:30 Morning Exercise, VDR</p> <p>10:30 Individual Snack Social</p> <p>11:00 Daily Devotional Discussion, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Morning Exercise, VDR 18</p> <p>10:30 Individual Snack Social</p> <p>2:00 Book Club, VUGP</p> <p>2:30 Hymns and Snacks, VDR</p> <p>2:30 Snack Time, VDR</p>	<p>10:15 Morning Yoga, VUGP 19</p> <p>10:30 Individual Snack Social</p> <p>2:30 Meditation, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Morning Exercise, VDR 20</p> <p>10:00 Weekly Trivia, VDR</p> <p>10:30 Individual Snack Social</p> <p>11:00 Bible Study, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Some Good News: Self-Directed, VUGP 21</p> <p>9:30 Morning Exercise, VDR</p> <p>10:30 Individual Snack Social</p> <p>3:00 Happy Hour, VDR</p>	<p>10:30 Individual Snack Social 22</p> <p>1:30 Afternoon Walk, O</p> <p>2:30 Snack Time, VDR</p> <p>3:00 Song Trivia, VDR</p> <p>6:00 Cinema Saturday, VUGP</p>
<p>9:15 Bowling and Outdoor Games, VDR 23</p> <p>10:30 Individual Snack Social</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Morning Exercise, VDR 24</p> <p>10:30 Individual Snack Social</p> <p>11:00 Daily Devotional Discussion, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Morning Exercise, VDR 25</p> <p>10:30 Individual Snack Social</p> <p>2:00 Book Club, VUGP</p> <p>2:30 Hymns and Snacks, VDR</p> <p>2:30 Snack Time, VDR</p>	<p>10:15 Morning Yoga, VUGP 26</p> <p>10:30 Individual Snack Social</p> <p>2:30 Meditation, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Morning Exercise, VDR 27</p> <p>10:00 Weekly Trivia, VDR</p> <p>10:30 Individual Snack Social</p> <p>11:00 Bible Study, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Some Good News: Self-Directed, VUGP 28</p> <p>9:30 Morning Exercise, VDR</p> <p>10:30 Individual Snack Social</p>	<p>10:30 Individual Snack Social 29</p> <p>1:30 Afternoon Walk, O</p> <p>2:30 Snack Time, VDR</p> <p>3:00 Song Trivia, VDR</p> <p>6:00 Cinema Saturday, VUGP</p>
<p>9:15 Bowling and Outdoor Games, VDR 30</p> <p>10:30 Individual Snack Social</p> <p>11:00 TV Church Service, Chan 9, VUGP</p> <p>2:30 Snack Time, VDR</p>	<p>9:30 Morning Exercise, VDR 31</p> <p>10:30 Individual Snack Social</p> <p>11:00 Daily Devotional Discussion, VUGP</p> <p>2:30 Snack Time, VDR</p>	