

## Employee of the Month

Seregbe “Daniels” Conde has been with us for only a short time, about 2 months, as a Housekeeper. Daniels has a husband and two sons. Originally from Guinea in Africa, she hopes to move her two sons to America soon. Her favorite part about Carolina Gardens is the people, because “Everybody is so nice and happy.” Wherever you see her, Daniels is sure to have a smile, a cheerful attitude and always willing to go above and beyond to help in any way she can. We are thrilled to recognize her for her efforts to serve residents, staff and family in our community!



## Red Carpet Rollout

Symbolizing glitz and glamour, a red carpet is rolled out for celebrities and VIPs to make a grand entrance.

The earliest reference to this custom appears in the ancient Greek play “Agamemnon,” in which the title character, a king, returns home from battle to a path of crimson tapestries laid out for him. Because red dye was difficult to make and expensive, only the elite could afford fabric in that color, and red became a sign of luxury.

The practice spread over time. In 1821, U.S. President James Monroe stepped off a riverboat onto a ceremonial red carpet in South Carolina. Starting in the early 1900s, red carpets directed passengers boarding the exclusive express train at New York City’s Grand Central Station, creating the status concept of “red-carpet treatment.”

In Hollywood, the legendary Sid Grauman rolled out a red carpet outside his movie theater when he organized the first film premiere in 1922. Douglas Fairbanks and the other stars of “Robin Hood” started a tradition of arriving actors “walking the red carpet” that continues today. Most famously, the annual Academy Awards ceremony has broadcast its pre-show red carpet event since 1961. The plush walkway has become a stage for celebs to pose for photos, give interviews and greet fans.

## Build a Beautiful Bouquet

Flower arranging is a fun way to explore your creative side, while also adding a bit of nature’s beauty to your indoor surroundings.

The most interesting arrangements have flowers in a variety of shapes, textures and stem lengths. If you’re using blooms in one color or that are similar in color, mixing flower types and sizes is key. For a multicolored bouquet, focus on just two to three kinds of flowers.

Almost anything can be a vase for your flowers — a glass container, a ceramic pitcher, or a vintage tin. Ideally, the finished bouquet should be taller and a bit wider than the vase to create balance.

Before adding flowers to the vase, cut about an inch off the stems. This will help them absorb water better and stay fresher longer. As you place each flower, remove any leaves that fall below the water line to help the water stay clean.

Arrange flowers in the vase from largest to smallest. If using branches or heavy greenery, place them first so they can help prop up the flowers. Continue with sturdy, large blooms followed by the showiest flowers. Finish your bouquet by tucking in delicate sprigs and blossoms.



# Carolina Gardens at Harbison Lifestyle



ASSISTED LIVING COMMUNITY  
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FEBRUARY 2020

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

Tammy comes to Carolina Gardens Harbison with over 19 years of experience within the senior living industry. Her

roles and responsibilities have included regional level development of innovative and comprehensive programs. Throughout her career, she has worked closely with senior populations. She relishes her current role,



Tammy Mullins

especially when she sees new residents regain their energy and zest for life because of the services and social life they experience here at Carolina Gardens at Harbison. Tammy is passionate about helping residents age in place and remain independent as long as possible. She brings a perpetual smile and upbeat personality to her Management roles. Tammy is a licensed administrator in five states and holds a Certification as a Certified Dementia Practitioner and Certified Director of Assisted Living.

## Meet Our New Activity Director

Kimberly comes to us with 8 years of experience in the senior living industry. She is very passionate about seeing residents engaged, thriving and living as independently as possible for as long as possible, with dignity and style! She is excited about the opportunity to work with such a phenomenal group of residents, staff and family members she has met so far. Kimberly is also a mother of two school-aged boys and loves to stay active.





**FEBRUARY 2020**

**Locations**

Activity Room, Memory Care, ARMC  
Outing, O  
TV Room, Memory Care, TVMC  
Villas, Upstairs Gathering Place, VUGP  
Villas, Dining Room, VDR

**Transportation Schedule**

**Monday, 11 a.m.**  
Scenic Drive: 2nd & 4th Mondays  
**Tuesday, 10:15 a.m.**  
Shopping Trip: Varies  
**Wednesday, By Appt.**  
Doctor Appointments  
**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

**“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”**

—Joseph Addison

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>Groundhog Day</b> <sup>2</sup> 9:30 Coffee & Cookies, VUGP 10:00 Morning News, VUGP 11:00 TV Church Service, Chan 9, VUGP 2:00 Real Life Church Communion, ARMC 3:00 Columbia Lay Speakers, ARMC 5:00 Cinema Sunday, VUGP	9:45 What's the Buzz?, VUGP <sup>3</sup> 11:00 Hymns and Devotion w/ David, ARMC 1:15 Exercise w/ Linda, VDR 1:45 Bingo w/Linda, VDR 3:30 Manicures, VDR	9:45 Zumba Exercise, VDR <sup>4</sup> 10:15 Dollar Store Trip, O 11:00 Old Fashioned Hymns w/Anne 1:30 Baking Club, VDR 3:00 Rummy Cards, VUGP	9:45 Strength Training, VDR <sup>5</sup> 10:00 Sing w/Martha & Friends, ARMC 2:00 Trish & Furry Friends Visit, VUGP 3:00 Bingo, VDR	<b>Play Monopoly Day</b> <sup>6</sup> 9:45 Yoga Exercise, O 10:00 DIY Crafts, VDR 10:45 Aquatics @ HCC, O 11:00 Trivia Talk, VUGP 1:30 Scripture w/ Jill, VUGP 3:30 Monopoly Match, VUGP	<sup>7</sup> 9:45 Morning Stretch, VDR 10:15 Walmart Trip, O 2:00 Happy Hour, ARMC	<b>Spunky Old Broads Day</b> <sup>1</sup> 9:30 Coffee & Cookies, VDR 10:15 Chair Exercise, VDR 11:00 Current Events, VDR 1:30 Table Talk, VDR 3:00 Rummy Card Game & Jigsaw Puzzles, VUGP
9:30 Coffee & Cookies, VUGP <sup>9</sup> 10:00 Morning News, VUGP 11:00 TV Church Service, Chan 9, VUGP 3:00 Columbia Lay Speakers, ARMC 5:00 Cinema Sunday, VUGP	<sup>10</sup> 9:45 What's the Buzz?, VUGP 10:30 Scenic Drive, O 1:15 Exercise w/ Linda, VDR 1:45 Bingo w/Linda, VDR 3:30 Manicures, VDR	<sup>11</sup> 9:45 Zumba Exercise, VDR 10:15 Kroger Shopping, O 1:30 Baking Club, VDR 3:00 Rummy Cards, VUGP	<sup>12</sup> 9:45 Strength Training, VDR 10:00 Sing w/Martha & Friends, ARMC 11:30 Lunch Bunch, O 2:00 Trish & Furry Friends Visit, VUGP 3:00 Bingo, VDR	<sup>13</sup> 9:45 Yoga Exercise, O 10:00 DIY Crafts, VDR 11:00 Trivia Talk, VUGP 12:00 Cooking Station w/ Zach: Valentine's Pasta, VDR 1:30 Scripture w/ Jill, VUGP	<b>VALENTINE'S DAY</b> <sup>14</sup> <b>Library Lovers Day</b> 9:45 Morning Stretch, VDR 10:15 Walmart Trip, O 2:00 Happy Hour, ARMC <b>5:00 Senior Valentine's Dinner &amp; Dance, O</b>	<sup>15</sup> 9:30 Coffee & Cookies, VDR 10:15 Chair Exercise, VDR 10:30 Music & Devotions w/ Edith & Pr. Lance, VDR 11:00 Current Events, VDR 1:30 Table Talk, VDR 3:00 Rummy Card Game & Jigsaw Puzzles, VUGP
9:30 Coffee & Cookies, VUGP <sup>16</sup> 10:00 Morning News, VUGP 11:00 TV Church Service, Chan 9, VUGP 3:00 Columbia Lay Speakers, ARMC 5:00 Cinema Sunday, VUGP	<b>PRESIDENTS DAY</b> <sup>17</sup> 9:45 What's the Buzz?, VUGP 1:15 Exercise w/ Linda, VDR 1:45 Bingo w/Linda, VDR 3:30 Manicures, VDR	<sup>18</sup> 9:45 Zumba Exercise, VDR 10:15 CVS Shopping, O 1:30 Baking Club, VDR 3:00 Rummy Cards, VUGP <b>5:30 Main Event: Mardi Gras Murder Mystery, VDR</b>	<sup>19</sup> 9:45 Strength Training, VDR 10:00 Sing w/Martha & Friends, ARMC 2:00 Trish & Furry Friends Visit, VUGP 3:00 Bingo, VDR	<sup>20</sup> 9:45 Yoga Exercise, O 10:00 DIY Crafts, VDR 11:00 Trivia Talk, VUGP 1:30 Scripture w/ Jill, VUGP	<sup>21</sup> <b>National Caregivers Day</b> 9:45 Morning Stretch, VDR 10:15 Walmart Trip, O 1:30 Men's Club w/ Ramon, VUGP 2:00 Happy Hour, ARMC	<sup>22</sup> 9:30 Coffee & Cookies, VDR 10:15 Chair Exercise, VDR 11:00 Current Events, VDR 1:30 Table Talk, VDR 3:00 Rummy Card Game & Jigsaw Puzzles, VUGP
9:30 Coffee & Cookies, VUGP <sup>23</sup> 10:00 Morning News, VUGP 11:00 TV Church Service, Chan 9, VUGP 3:00 Columbia Lay Speakers, ARMC 5:00 Cinema Sunday, VUGP	<b>National Dance Day</b> <sup>24</sup> 9:45 What's the Buzz?, VUGP 10:00 Dance Off!, VDR 10:30 Scenic Drive, O 1:15 Exercise w/ Linda, VDR 1:45 Bingo w/Linda, VDR 3:30 Manicures, VDR	<b>National Cupcake Day</b> <sup>25</sup> 9:45 Zumba Exercise, VDR 10:15 Food Lion Trip, O 1:30 Baking Club, VDR 2:00 Town Hall Meeting, VDR 3:00 Rummy Cards, VUGP	<b>ASH WEDNESDAY</b> <sup>26</sup> 9:45 Strength Training, VDR 10:00 Sing w/Martha & Friends, ARMC 11:30 Lunch Bunch, O 2:00 Trish & Furry Friends Visit, VUGP 3:00 Bingo, VDR	<sup>27</sup> 9:45 Yoga Exercise, O 10:00 DIY Crafts, VDR 11:00 Trivia Talk, VUGP 1:30 Scripture w/ Jill, VUGP	<sup>28</sup> 9:30 Walmart Trip, O 9:45 Morning Stretch, VDR 10:45 Riverbanks Zoo & Gardens, O 2:00 Happy Hour, ARMC	<sup>29</sup> 9:30 Coffee & Cookies, VDR 10:15 Chair Exercise, VDR 11:00 Current Events, VDR 1:30 Table Talk, VDR 3:00 Rummy Card Game & Jigsaw Puzzles, VUGP