

The Carolinian Times

RETIREMENT COMMUNITY • ASSISTED LIVING
718 South Dargan Street • Florence, SC 29506 • (843) 665-9314

Carolinian Key Staff

Keesha McKnight	Executive Director
Shernette Staley	Director of Nursing
Debbie Brogden	Business Office Manager
Marilyn Small	Marketing Director
Shallmeeka Orange	Assisted Living Coordinator
Margaret McFadden	Administrative Assistant
Emma Billups	Activities Director
Erana Shirley	Food and Nutritional Services Dir.
Tiesha Marshall	Housekeeping Supervisor

Office Hours

Mon – Fri	8:00 am – 5:00 pm
Saturday	7:00 am – 7:00 pm
Sunday	7:00 am – 7:00 pm



The Carolinian is on Facebook.

Come check us out on Facebook and be sure to like our page!

Have you heard about our Resident Referral Program?

When you refer someone to The Carolinian and they choose to make our community their home, we will give you \$250!

Here's how it works...

1st Move-in within a calendar month = \$250
2nd Move-In within a calendar month = \$500 (\$750 Total)
3rd Move-In within a calendar month = \$1,000 (\$1,750 Total)
4th Move-In within a calendar month = One Month's Rent Free (Total)

*Inquire with Marketing for more details and restrictions.

Elvis was "in" the building!
To celebrate Senior Citizens Day, we had an Elvis performer put on an amazing concert for our residents.





**Happy
Birthday to
Everyone!**



Resident Birthdays

Alma Cox
Caldwell Godfrey
Joy Jenkins
Jeanette Ruby
Pat Brigman
Carmen Collazo Edwards
Joan Hall
Marjorie Ham
Maria Moreira

**We had a blast on
National Root Beer
Float Day!**



The Carolinian Café

Watermelon-Mint Salad

Ingredients:

- 4 cups 1- to 2-inch chunks seedless red and/or yellow watermelon
- 4 ounces feta cheese, coarsely crumbled
- ¼ cup loosely packed mint leaves, torn into rough pieces
- 2 tablespoons extra virgin olive oil
- Black pepper



Directions:

1. In a large bowl combine the first four ingredients (through olive oil). Season to taste with pepper. Cover and chill 2 to 4 hours before serving.

An afternoon trip to Krispy Kreme is always a good idea.



Information on RHF

RHF is one of the nation's largest non-profit providers of housing and services for older adults, persons with disabilities, and low income families. RHF was founded in 1961 by two United Church of Christ clergy and a layman with a vision of providing quality housing and services for seniors. The mission has since expanded to include persons with various disabilities and low-income families.



Having fun playing the Headbanz game!



Mad Hatter Day!

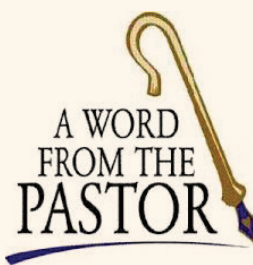
College Football

K	T	E	S	T	G	Z	L	F	G	R	C	K	B	H
C	O	T	A	D	N	L	I	O	E	H	P	U	N	T
A	U	A	F	D	A	E	A	K	E	R	O	C	S	L
B	C	G	E	B	L	L	C	E	M	A	S	C	O	T
R	H	L	T	D	P	A	R	N	O	S	A	E	S	V
E	D	I	Y	O	B	L	E	M	I	T	F	L	A	H
T	O	A	S	E	E	Q	U	A	R	T	E	R	S	R
R	W	T	N	A	B	A	C	K	F	I	E	L	D	G
A	N	I	D	E	S	N	E	F	F	O	D	E	R	V
U	L	E	N	O	I	T	P	E	C	R	E	T	N	I
Q	R	E	N	I	L	E	D	I	S	R	F	A	S	B
S	T	A	N	D	S	O	B	O	E	S	E	C	D	O
K	C	I	K	X	W	A	C	F	P	S	N	K	R	W
I	T	U	R	N	O	V	E	R	I	A	S	L	A	L
B	A	N	D	N	N	R	F	P	D	P	E	E	Y	V

BACKFIELD
BALL
BAND
BOWL
CHEERLEADERS
DEFENSE
DOWN
FIELD
GOALPOST
HALFTIME

INTERCEPTION
KICK
LINEBACKER
MASCOT
OFFENSE
PASS
PUNT
QUARTERBACK
QUARTERS
REFEREE

SAFETY
SCORE
SEASON
SIDELINE
STANDS
TACKLE
TAILGATE
TOUCHDOWN
TURNOVER
YARDS



The Pastor's Corner

Don't be afraid," the prophet answered. "Those who are with us are more than those who are with them."

—2 Kings 6:16—

It's called tunnel vision—focusing on what is right in front of us, and not being able to get a broader perspective. Elisha knew quite a few people with that problem, people who reacted in foolish ways because they just couldn't see the whole picture.

The king of Aram couldn't see beyond his security breach to realize that someone bigger than a spy was involved. Elisha's servant couldn't see beyond the army of Syria to the armies of the Lord. The king of Israel couldn't see beyond a captured enemy to know how to respond peacefully.

Their blindness leaves us wondering if we are as blind. Is there anything we are not seeing?

What Elisha sees is a world run not by rulers and armies but by the Lord. A prophet sees that this world is under the authority of God and that God's power, the only power grounded in love, is what really protects us.

To see with the eyes of faith is to see that God is at work not only in our daily life but also in the arena of battlefields and city streets. No matter where we are or what impossible circumstances we face, we can look beyond our short-sighted fears to see those who are with us and to rest in the certainty that the God who is with us is far greater than anyone who is against us (Romans 8:31-39).

CDC

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
- Wear loose, lightweight, light-colored clothing and sunscreen.
- Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates.



September is Healthy Aging® Month!

Think it's too late to "re-invent" yourself? Think again.



According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive director of Healthy Aging®, it's never too late to find a new career, a new sport, passion, hobby or work on your health issues. Worthington is the creator of September is Healthy Aging® Month,

an annual health observance designed to focus national attention on the positive aspects of growing older.

Now more than 20 years since it began, September is Healthy Aging® Month provides inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social and financial well-being.

The numbers of people over 45 are growing every year. The attention used to be just on the baby boomers. Now, the Generation X-ers are elbowing their way in and have many of the same interests as the previous generation – stay active and vibrant as long as possible.

"Use September as the motivation to take stock of where you've been, what you really would like to do," says Worthington. "And try it! Who says you have to follow a career related to what you studied in school? Who says, you can't start your own home business later in life? Why not choose a new athletic goal (5K anyone?), or do something wildly different from anything you've done before? Only that person you see in the mirror!"

Celebrate September Is Healthy Aging® Month By Reinventing Yourself!

HealthyAging.com <https://healthyaging.net/healthy-aging-month/celebrate-september-is-healthy-aging-month-reinvent-yourself/>