



The Carolinian Times

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

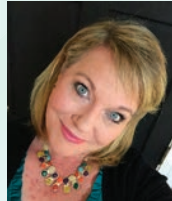
Carolinian Key Staff

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

Office Hours

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

Note from the Administrator



I enjoyed meeting most of you during the 12 days of Christmas. I am excited to get to know you even more. I look forward to 2021 and the infinite possibilities that the upcoming year holds. Please know that my door is always open.

Keesha R. McKnight
Executive Director, The Carolinian



A Message from the Marketing Director

A new year is here! The year of 2020 brought many new changes and taught me many valuable lessons. I have learned the importance of things that I have normally taken for granted. The joys of a springtime with family and friends, the warmth of the summer sun as I sit on the beach and watch the waves come to the shore. The fall brought a shortage of events such as in-person football games, and now, as we are in the dead of winter, we see continued change as families have altered holiday plans. I think back and examine those changes and take from it the importance of those little things that we take for granted each day.

As we embark on 2021, and also celebrate our 35th anniversary of The Carolinian, I am so happy to be a part of a community who delivers dedicated service but most of all love and compassion to you, our residents; you are our family!!

I had planned on making a few New Year's Resolutions as I sit here in my office two days before Christmas. I thought about things I wanted to change personally such as my weight, time management, and spend more time with family and friends. I had my professional resolutions made such as: find more residents, outreach to other medical facilities, and have more activity in the community. The sources say that most New Year's Resolutions end in failure by the second week of February.

As I write this article to you, I have a special guest in my office, a resident Ms. Linda Eudy. She has been talking to me for about thirty minutes. She said "Jesus said, don't wish for something. You need to hope and pray for something." I don't recall Jesus saying those words, but how true those words are. Her simple words have really slapped me hard this morning. Scratch the resolutions, throw away the wishes for a happy 2021. I pledge to you our prayers and hope that this year be healthy, successful, and most of all joyful for us all here at The Carolinian. Stay well and be blessed! I am always here for you. Here is to 2021!

Brad Richardson



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.

– Brad Richardson, Marketing Director

A Few Highlighting Moments from Our Residents' Christmas Photos



Get to Know Keesha McKnight



Along with bringing in the New Year, we also have a new administrator, Keesha Rollings McKnight. Keesha is

a native of Hartsville, SC. She has over 20 years of finance and customer service experience. She is a Coker College Graduate with a Bachelors in Business Administration. She has two children (pictured above). Mary Cline (age 22) has one more semester at Francis Marion University. Rollings (age 16) plays on the Varsity Red Fox Football Team.



Pajamas and Hot Chocolate Day! We had a blast delivering hot chocolate, donuts, and Christmas cheer to all of our residents.



**Ann Crook
Harold Horton
Larry Crowley
Hazel Meserve**

The Carolinian Café

Southwest Vegetarian Lentil Soup

Ingredients:

- 3 cups vegetable broth
- 1 large onion, chopped
- 1 can (10 ounces) mild diced tomatoes and green chilies, undrained
- 1 cup mild salsa
- 1 cup dried lentils, rinsed
- 1 cup frozen corn
- 1 can (8 ounces) tomato sauce
- 1 can (4 ounces) chopped green chilies
- 3 garlic cloves, minced
- 1-1/2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon celery salt
- 1/2 teaspoon paprika
- 1/8 teaspoon cayenne pepper
- 1 package (16 ounces) firm tofu, drained and cut into 1/4-inch cubes
- 1 can (4-1/4 ounces) chopped ripe olives
- 3 green onions, sliced



Directions:

1. In a 3- or 4-qt. slow cooker, combine the first 14 ingredients. Cover and cook on low for 8-10 hours or until lentils are tender. Sprinkle with tofu, olives and green onions. Return meat to pan; bring to a boil. Reduce heat; cover and simmer 1-1/2 to 2 hours or until barley and meat are tender. Add parsley.

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.

Santa's getting some much needed rest now



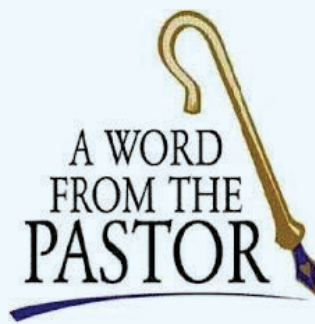
New Year's Fitness

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

AEROBICS
BASKETBALL
BICYCLE
BOXING
BURN
CALORIES
CARDIO
CROSSTRAIN
ELLIPTICAL

EXERCISE
FITNESS
GYMNASTICS
JOGGING
PEDOMETER
PERFORMANCE
PILATES
ROWERS
RUNNING

SOCCER
STEPPER
STRENGTH
SWEAT
SWIMMING
TENNIS
TRAMPOLINE
TREADMILL
YOGA



The Pastor's Corner

The year of 2020 has brought challenges for everyone. We've all experienced quarantine, sickness, political unrest, and stress in general. With difficulties coming from many sides, it's often hard to take our eyes off of the troubles around us. It's hard to keep our minds on the good things of God when the world only speaks of the negative.

Isaiah 26:3 reads "I will keep in perfect peace those who minds are stayed on me." God promises us that if we focus on Him we can have peace in the midst of any circumstance. It's important to us as Christians that we don't become overwhelmed by world. We are called to be the light of the world. So when the world speaks negative, we must speak positive. When bad thoughts come to our minds, we must replace that bad thought with a good one. We when feel ourselves becoming sad, we can always find something to thank God for. No matter what the New Year brings, stay focused on God. All the things of this world will one day pass away, but God is forever.

— Emma Billups

From the Nurse's Desk



Coming out of the year 2020, we have endured a big life change. We were introduced to the Coronavirus also known as COVID-19. All of our lives changed drastically. We went from fighting the flu epidemic to wearing masks and socially distancing ourselves. We have also endured deaths of love ones.

However, we must remember in this

New Year to continue to keep ourselves safe.

Remember to practice good hand hygiene, efficient mask wearing and observe for signs & symptoms of COVID. As we enter into our New Year, we must remember through all of the joy to keep ourselves safe.

Shernette Staley, DON

Resident Spotlight Corner

Ms. Edith La Palme

Ms. Edith was born and raised in Cooktown, right outside of Lake City, SC. She was married to the late Julias La Palme and they have four children. Her hobbies are reading and volunteering at church. Her favorite book of the Bible is Psalm 139. She is an outgoing woman that lives by the Word of God. She has lived at The Carolinian for one year, where she also teaches a monthly devotion. We are truly blessed to have her here.

