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Your Team

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Therese Williams
-Director of Life Enrichment-



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The Facts of Falling

According to the Centers for Disease Control and Prevention (CDC), each year one out of every three adults aged 65 and older experiences a fall. Falling once doubles your chances of falling again. Older adults who have fallen typically report moderate to severe injuries, including deep bruises, head trauma and hip fracture. Fall-related injuries may alter mobility and limit independent living, requiring both formal and informal caregiving.

- Every 11 seconds, a senior is hospitalized due to a fall.
- Every 19 minutes, a senior passes away due to a fall.

How Can You Prevent Falls? First, have your eyes and hearing checked frequently for changes. See a healthcare provider if you have foot pain. Also, consult a healthcare provider right away if you feel weak or unsteady on your feet, if you feel confused, or if you fall. Let a healthcare provider know if a medicine you are taking is making you feel dizzy or making you lose your balance. If your healthcare provider wants you to use a cane or walker, then use it consistently. It is also important to get regular exercise, especially walking.

How can therapy help?

By participating in a balance/fall management program, you will develop and learn skills necessary for safety. We encourage you to participate in SELECT REHAB'S wellness programs offered here daily. Please contact our office at (843) 342-4086 for more information about our services, including PT OT & ST. We look forward to keeping you healthy.

Life Enrichment Corner



Making Candy Bark



Winter Tea

Just For Fun



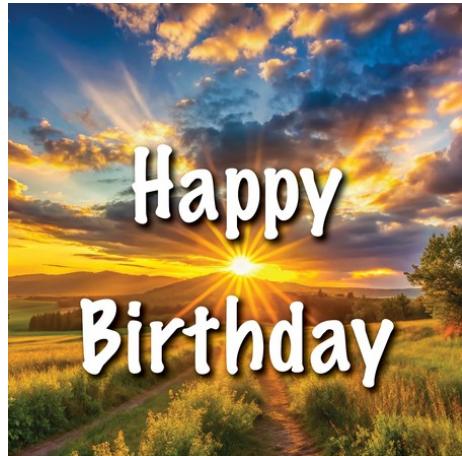
Bayshore's first annual carnival



Resident Spotlight

Chuck Wolf grew up in Bronxville, New York, where he was born in the very same house he lived in for his first eighteen years. He later attended Northwestern University, majoring in History. Chuck proudly served in the U.S. Army and spent most of his career in the seafood industry. Chuck was the West Coast Regional Director for a company. He was in charge of overseeing the daily operations across 13 states. This month marks Chuck's one-year anniversary living at the Bayshore. Chuck enjoys staying active in the Bayshore community. He participates in the Book Club, Bible study, goes to all the entertainment and also tries many of the new activities that are being offered. One of the most meaningful life lessons he lives by is that being a good parent always comes first: family is above all else.





Employee Birthdays

2/9	Garvin Richards
2/13	Kyra Brown
2/22	Shakerra Brown
2/25	Nubia Velasquez



Resident Birthdays

2/2	Donna W.
2/4	Barbara B.
2/12	Betty G.
2/14	Patricia K.
2/18	Dichi M.
2/22	Jim S.
2/22	Wally D.
2/25	David B.
2/27	Frank W.



New Residents

Rosemary O'Reagan
Elizabeth Buccheri

A Little Self-Love

"To fall in love with yourself is the first secret to happiness."
—Robert Morley



Employee Anniversaries

2019	Claude Beckford
2020	Harold Carr
2023	Alecia Rowe
2024	Amelia Porter
2025	Charity Shirley

Celebrating Black History Month

Each February, the United States observes Black History Month to honor the achievements of African Americans throughout history. Learn more about the man who pushed so hard for this month of recognition, a coal miner turned Harvard-educated historian.

In 1875, Carter G. Woodson was born to two survivors of slavery in Virginia. As a teen, Woodson worked in the local coal mines to help support his family. When he was 20, he started high school, and two years later, he graduated and started teaching high school himself, later earning multiple college degrees, including a doctorate from Harvard.

Woodson wanted the contributions of the heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created an event to promote Black history during the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. For his efforts, Woodson has been called the father of Black history.

