



THE BAYSHORE
ON HILTON HEAD ISLAND



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Your Team

- Rodney McKee
- Executive Director-
- Melissa Hallbeck
- Director of Sales & Marketing-
- Angelena Murray
- Director of Health Services-
- Toni Markowitz
- Business Office Manager-
- Stephen Dick
- Director of Plant Operations-
- Dana Pinckney
- Executive Chef-
- Therese Williams
- Director of Life Enrichment-

March 2026

Clear Mind, Safe Bodies: Substance Use Awareness for Older Adults

Substance use among older adults is a growing health concern, but it often goes unnoticed. Many older adults don't intend to misuse alcohol medications; it happens because the body changes with age. The same amount of wine or the same dose of a medication may suddenly cause dizziness, confusion or sleepiness that didn't occur years ago. These changes may lead to falls, emergency visits, or long-term health problems. **Why are Older Adults More at Risk?** As we age, our bodies process alcohol and medications more slowly. There is less water in our body, so alcohol becomes more concentrated. Kidneys and liver function decline, which means medications stay in our systems longer. Many adults also take multiple prescriptions, increasing the chance of dangerous interactions. **Signs to Watch For:** Alcohol or medication effects can look a lot like "normal aging." Watch for these signs:

- Increasing forgetfulness or confusion
- Slurred speech or trouble walking
- Increased sleepiness or trouble waking up
- Frequent falls or unexplained bruising
- Mood changes or unusual irritability

Safer Ways to Feel Better: Aging adults may use alcohol or sedatives to relax, sleep or to manage pain. However, there are safer options. Gentle stretching or fitness classes may decrease pain. Relaxation or meditation groups may reduce anxiety. **Select Wellness and Therapy Professionals offer supportive, proactive guidance to promote healthy habits.** For more information contact Lisa Calasant PT and the program manager for Select Rehab.

**CHANGE
YOUR
CLOCKS**





Life Enrichment Corner



Kyia hosted a fun game for the residents: Don't break my heart, which entailed Valentine's trivia questions.



Thank you, Curtis O'Quinn, for coming to the Bayshore and teaching our residents to make balloon art.



Happy Hour in our sky bar is always a happening place.



Thank you, Pockets Full of Sunshine, for dropping off bouquets of flowers to our residents.



Spotlight Resident

Margaret Harrington

Margaret Harrington's life is a beautiful reflection of faith, family and dedication. She grew up in Illinois, Ohio and Tennessee, and in 1960 she married her husband in Memphis, Tennessee, beginning a 53 year marriage filled with love and commitment. She is the proud mother of two daughters and is blessed with three grandchildren and five great-grandchildren. Margaret enjoyed a fulfilling career as a registered dietitian, caring for others through her work in nutrition and health. Although she has only been part of our community for five months, she especially loves being less than a mile away from her daughter and son-in-law. She cherishes the closeness they have and the time they spend together. She has quickly become involved, in pub trivia and chair yoga. Her other pastimes include reading and quilting. One of her favorite spots here at the Bayshore is sitting on the swings overlooking the beautiful water near the dock. The most meaningful lesson in her life has been learning to trust the Lord, he has a plan and will faithfully guide us down the path we are meant to follow.



Resident Birthdays

- 3/3 Betty Christopher
- 3/4 Sherwood P.
- 3/5 Rose R.
- 3/5 Achim W.
- 3/6 Judy W.
- 3/8 John L.
- 3/12 Merrill B.
- 3/14 Doris W.
- 3/25 Roger Harrison
- 3/16 Joan I.
- 3/17 Patsy P.
- 3/18 Elizabeth L.
- 3/27 Mary H.
- 3/28 Marcy A.
- 3/28 Mary B.
- 3/29 Erma S.
- 3/29 Phillip C.
- 3/31 Marcey T.
- 3/31 Vincent H.

SENIOR PROM

The Bayshore is going to have their first ever SENIOR PROM. Mike Sweat will be here hosting this special event and playing songs from the past. We encourage all the attendees to dress up for this fun event. We will also be voting on a Bayshore King and a Bayshore Queen. So, get your dance shoes on and get ready to have some fun!!



New Residents
Edna Wilcher

Employee Birthdays

- 3/10 Lakeciah Adjovi
- 3/12 Rashawn Ferebee
- 3/25 DaRon Fripp
- 3/17 Ruby Frost
- 3/01 Leon Hudson
- 3/30 Lorrie LaPallo
- 3/10 Toni Markowitz
- 3/18 Chavonte Maxwell
- 3/11 Constance Payne
- 3/23 June Shea-Barber
- 3/22 Ty'Avia Taylore
- 3/26 Rodney McKee



St. Patrick's Day Lunch Celebration

Tuesday, March 17th we will be celebrating St. Patrick's Day with an Irish Themed Lunch Buffet. We encourage all residents and staff to wear green.

Colorful Spring

In the Hindu religion, spring is welcomed with an unforgettable splash of color. Holi, the Festival of Colors, falls between late February and early March and is highlighted by large public celebrations, where people throw brightly colored powders and splash water on each other. The holiday honors both the arrival of spring and the story of Prahlada, a prince whose devotion to the god Vishnu saved him from a bonfire. The colors represent the flickering flames in the tale, as well as the warm, happy hues of springtime.

What's all that BRACKET?

It's
time for

MARCH MADNESS!

Questions

- 1) Name the three most-nominated films.
- 2) Who has hosted the Academy Awards the most times?
- 3) How much does the Oscar statuette weigh?
- 4) The first Academy Awards ceremony was held in what year?
- 5) Who was the first woman to win best director?
- 6) What movie was named best animated feature in 2016?

Answers

- 1) "All About Eve" (1950), "Titanic" (1997), "La La Land" (2016), with 14 each
- 2) Bob Hope (18 times)
- 3) 8 1/2 pounds
- 4) 1929
- 5) Kathryn Bigelow for "The Hurt Locker" (2009)
- 6) "Zootopia"

ENTERTAINMENT TRIVIA

Oscar's Golden Glow

Once a year, the movie industry honors the best in the business with much glamour and fanfare. Test your knowledge of the Academy Awards with these trivia questions.