



THE BAYSHORE
ON HILTON HEAD ISLAND



421 Squire Pope Rd
Hilton Head Island, SC 29926
(843) 342-2222

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-

June 2026

Keep Your Brain Growing:

Why It's Never Too Late to Learn Something New


The Brain is constantly changing as we age. This ability to grow, adapt and build new connections is called neuroplasticity. Every time we challenge our minds, the brain strengthens just like muscles do when we exercise. When we learn a new card game, practice a new dance, take up painting, or even learn to use a new phone or tablet, the brain forms fresh neural pathways. These pathways support stronger memory, clearer thinking, and better problem solving. By continuing to learn, we exercise our brain's "muscle," helping it stay sharp and resilient.

One powerful brain booster is creativity. Creative activities such as drawing, crocheting, writing poetry or playing music force the brain to plan, express ideas and make decisions. These activities also provide emotional benefits, like reducing stress and improving mood.

Another major contributor to brain health is social connection. When we learn together, talk with others or participate in group activities, our brains light up in multiple areas. Social learning improves memory and supports emotional wellbeing. Studies show that social engagement lowers the risk for depression and dementia.

Physical activity also plays a role in brain health. Movement increases blood flow to the brain, delivering oxygen and nutrients that help brain cells work better. Activities like walking, chair fitness, tai chi, and dancing are helpful because they improve balance while stimulating the brain. Movement paired with thinking, such as following dance steps or exercising to music, strengthens areas related to focus, coordination, and memory. It's never too late to challenge your brain.





Life Enrichment Corner

Concert in the Villa Park



Celebrating Freedom

When President Abraham Lincoln's Emancipation Proclamation went into effect on Jan. 1, 1863, it signaled the end of slavery in the United States. Then why is Freedom Day or Emancipation Day, commonly known as Juneteenth, celebrated as a federal holiday on June 19 instead?

After Confederate Gen. Robert E. Lee surrendered on April 9, 1865, news of the war's end took time to reach every state. On June 19, 1865, Union soldiers, led by Gen. Gordon Granger, arrived in Galveston, Texas — the western-most state at the time — and announced that the war was over and slavery was abolished.

Combining June and 19, the day was named Juneteenth and sparked numerous celebrations among African American communities. Knowledge of the unofficial holiday faded as many former slaves moved north, but it regained popularity during the civil rights movement in the 1960s.

Juneteenth has been called the country's "second Independence Day" and is marked by a variety of joyous and solemn celebrations.



Activities

UPCOMING OUTINGS & SPECIAL EVENTS

- 6/5 Olive Garden Lunch
- 6/11 Savannah Day Trip
- 6/12 British Pub Open Lunch
- 6/13 Jazz Corner Outing
- 6/15 Lager Head Tavern
- 6/17 Hawaiian Luau
- 6/22 Mimosa Monday
- 6/23 Summer Cocktail Hour
- 6/25 Cranes Tavern
- 6/26 LongHorn Outing



New Class

Peaceful Connections: Art Club

We are so excited to offer this new class to residents who know a little about painting or have never painted before and want to try something new. This is a low stress, fun, relaxing and playful activity. You do not need to be an artist to attend this class. Stacey will help you explore your inner creative self. This class will be every Friday @2:00PM in the Art Studio.



Resident Birthdays

6/03 Joyce Finkenstadt
6/04 Michael Ahearn
6/05 Darlene Meagher
6/09 Tom Willis
6/09 Chuck Wolf
6/18 Ann Saunders
6/21 Nina Woesnner
6/23 Loretta Tallevast
6/25 Diane Eason



Employee Birthdays

6/5 Harold Carr
6/6 Debbie Evertt
6/9 Kiara Fields
6/13 Candy Valdez
6/19 Vicky Fields
6/20 Aravia Scott
6/22 Frank Delgado
6/26 Shanel Chisolm
6/27 Lastella Garvin



Fathers of the Fields

In addition to celebrating your own dad this Father's Day, take a moment to recognize a few founding fathers of various fields of study.

James Madison. The fourth president of the United States is known as the father of the Constitution, thanks to his strong influence during the development and ratification of the famous document. In response to the nickname, Madison made clear that the Constitution was "the work of many heads and many hands."

W.C. Handy. Composer and musician William Christopher Handy earned the nickname "Father of the Blues" by playing a significant role in bringing the genre to a wide audience. Portrayed by singer Nat King Cole in the 1958 film "St. Louis Blues," Handy also has an annual music festival named after him.

Alan Turing. British mathematician Alan Turing designed a precursor to the computer and published influential research, becoming known as the father of modern computer science. In 1950, he proposed a test to determine whether a computer could communicate like a human. The "Turing test" is now a cornerstone of today's field of artificial intelligence.

New Residents

Christopher David
Ann Clayton
William Lang



A Summer Pearl

"June is the pearl of summer, shining with warmth and joy."
—L.M. Montgomery

Save the Date



Father's Day Pizza Social

We will be celebrating all our Bayshore Fathers on Friday, June 19th, with a Pizza & Beer Luncheon. The lunch will start at 12:00PM. To reserve your spot, please sign up for it in our Outing Binder, which is located in the Mail Room.



"This Month In History"

JUNE

1916: "America's Sweetheart" Mary Pickford signs a contract with producer Adolph Zukor that guarantees a \$1 million salary over two years. The silent film star was the first actress to sign a million-dollar contract.

1927: The Peace Bridge opens. Crossing the Niagara River, the international bridge connects Buffalo, N.Y., to Fort Erie, Ontario.

1948: The borders of Berlin, Germany, are blockaded, cutting off access to electricity, food, medicine and

other supplies to around 2.5 million civilians. Two days later, on June 26, U.S. and British planes began dropping in supplies for aid, a mission known as the Berlin Airlift.

1953: Queen Elizabeth II is crowned as queen of the United Kingdom. Her 70-year reign, which ended in 2022, was the longest of any British monarch.

1973: Horse Secretariat becomes the first Triple Crown winner in 25 years. Earning the crown after winning the Kentucky Derby, Preakness Stakes and Belmont Stakes, Secretariat still holds time records in all three races.

1989: "Batman," the first big-budget movie about the superhero, premieres. Starring Michael Keaton, the film won an Oscar in 1990 for best art direction.

1991: The video game Sonic the Hedgehog debuts. Praised as one of the greatest games ever, the franchise is still going strong today.

Word Search

Category: Vacation

A V A C T N A R U A T S E R A T I R R E L O S A F A R I N I A U L S S A E W H A T L Y I O E E R O I K V U T A E N T T K S T E E U E I E W T H O C E A R N S Y R R R O O H A L U C O C A O A C N D M R C U N T P O L F R O B N G E A G R I R T R A K T E U W H M G A U I I T Y O U H A S V E A E S A <u>J O U R N E Y</u> B E R G E N E R O H S A E S T A A E K B A G S I N G T G M M Q T X L Q Q T O P E D C Z	1. Journey	8. _____	15. _____
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	15. Resort	8. Depot	1. Airtare
	16. Restaurant	9. Drive	2. Airport
	17. Safari	10. Hotel	3. Bags
18. Seashore	11. Journey	4. Bus	
19. Suitcase	12. Lake	5. Camera	
20. Tour	13. Luggage	6. Car	
21. Train	14. Motel	7. Cruise	

Word Search Solution:

