



THE BAYSHORE
ON HILTON HEAD ISLAND



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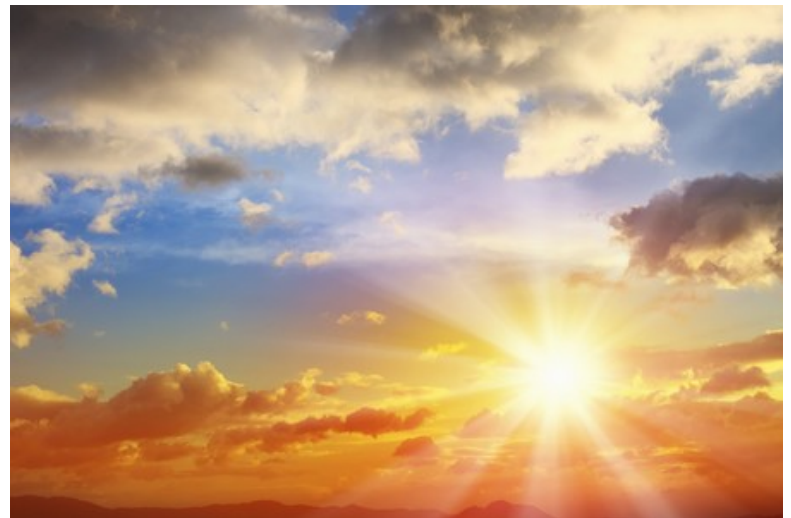
Popcorn Pick: 'White Fang'

The rugged Yukon during the height of the Klondike gold rush is the setting for this outdoor adventure about courage, survival and the bond between a young man and a wolf dog. The 1991 film is based on Jack London's beloved 1906 novel. When city kid Jack Conroy, portrayed by Ethan Hawke, journeys to the territory to prospect his late father's mining claim, he crosses paths with White Fang, and the two become companions. Both must brave the dangers of the wild frontier and man's greed as they forge a loyal friendship.

Sunscreen Every Day

Make applying sunscreen a daily habit, just like brushing your teeth. For a visual reminder to put it on every morning, keep your tube or bottle of sunblock next to your tube of toothpaste.

August 2026



Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves."

—James Matthew Barrie

A Spider's Lesson

Many attribute the old adage, "If at first you don't succeed, try, try and try again," to the first Scottish king, Robert the Bruce. After being defeated in battle fighting for Scotland's independence in the 14th century, Bruce hid in a cave, where he witnessed a spider trying, failing and trying again at making a web until it had just one silk thread to build from. The experience became a powerful analogy Bruce used to rally troops and secure a victory despite being outnumbered nearly two to one.

Written records of the famous proverb came more than 300 years later in British poet William Edward Hickson's "The Singing Master" and American educator T.H. Palmer's teacher's manual.

Laugh Lines: Laughs From Lucy

Aug. 6 is the birth anniversary of beloved comedian Lucille Ball. In honor of the day, enjoy these memorable lines from her legendary TV sitcom, "I Love Lucy."

Lucy: I didn't tell a soul, and they all promised to keep it a secret.

Ricky: There you go again, wanting something that you haven't got.

Lucy: I do not. I just want to see what it is that I haven't got that I don't want.

Lucy: He's baba'd his last lu!

Boy: Is that red stuff (pointing to Lucy's hair) for real?

Lucy: It should be. I paid enough for it.

Lucy: Ever since we said "I do" there are so many things we don't.

Peggy: Ricky's middle-aged. He must be pushing 23.

Lucy: Yeah, he's pushing 23 alright. He's pushed it all the way to 35.

Lucy: Hello, friends. I'm your Vitameatavegemin girl. Are you tired, run down, listless? Do you poop out at parties? Are you unpopular? The answer to all your problems is in this little bottle, Vitameatavegemin.



3 Ways to Celebrate Senior Citizens Day

Behind every community is a generation of trailblazers. This National Senior Citizens Day on Aug. 21, we honor the roughly 60 million older adults whose hard work and wisdom paved the way for us all. Here are some ideas to celebrate the day with people of all ages, both in person and virtually.

Make a masterpiece. Visit a local art studio to take a painting class together. If in-person art isn't an option, set a time to watch a painting tutorial online together and make your masterpieces miles apart but close at heart.

Learn something new. Long-distance learners can attend a virtual webinar together and share ideas afterwards. For in-person bonding, find a public lecture to attend at a local library, university or museum.

Bring on the harmony. If you're celebrating in person, attend a concert. Long-distance loved ones can make their own concert by creating a collaborative playlist online and taking turns adding songs. Send messages with favorite lyrics or stories about each other's favorite tracks.

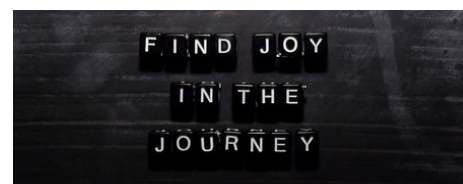
Journey With Joyspan

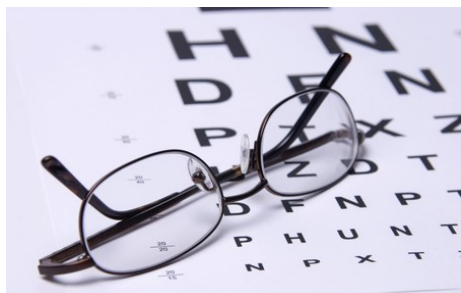
Aging expert Dr. Kerry Burnight coined the term "joyspan" in her book, "The Art and Science of Thriving in Life's Second Half," asserting that "In a world obsessed with living longer, joyspan is about living better." Kickstart your joyspan journey with just one hour a day, using Burnight's four joyspan pillars: curiosity, adaptability, generosity and connection.

Curiosity. Keep a running curiosity bucket list of topics you want to learn more about. Then, spend 20 minutes each day exploring an item from your list by reading up on it or watching a video online.

Adaptability. Spend 10 minutes each day trying to problem-solve a small annoyance. For example, an avid crocheter with arthritis might look into buying ergonomic hooks, rather than gritting through the pain or giving up the hobby altogether.

Generosity and connection. Give one of your most valuable resources: time. Spend 30 minutes chatting with a friend or loved one. Focus on their life, asking questions and noting events to follow up on later.





The Eyes Have It

Have the foresight to get your routine eye exam. Doctors recommend that adults 65 and older get annual eye exams because early detection of eye diseases can prevent up to 90% of vision loss, according to the American Academy of Ophthalmology.

You may be familiar with the Snellen eye chart to test visual acuity, which eye doctors have

been using since the late 19th century, when the chart with the big E was first designed by Dutch ophthalmologist Hermann Snellen.

Routine eye exams often include several additional tests: eye pressure checks to screen for glaucoma, retinal health exams to inspect the optic nerve and circulation, and refraction tests to evaluate the correct prescription for glasses or contacts.

Good eye care benefits the whole body. Having the right prescription can prevent fatigue, strain and headaches. Talk to your doctor about making sure you're taking the best possible care of your peepers.

Breaking the Bank

Ever wonder why piggy banks came to be shaped like swine?

Historically, pigs were valuable resources to rural families desperate for the meat or money from the pig's sale. The German expression "schwein gabt" translates literally to "got pig," denoting that someone got a lucky break during hard times.

Around the turn of the 20th century, novelty pig-shaped banks hit the market, featuring a stopper-less design. The only way to access the coins inside was to smash the bank, which kept the coins safe for true need.

Today, piggy banks have removable stoppers to make

accessing the stashed cash easier than ever. To move away from a "breaking the bank" habit, financial experts recommend putting savings in accounts that are more difficult to empty: using high-yield savings accounts, a savings account at a separate bank from checking accounts, and restricted retirement accounts like 401(k) plans.



Strutting Through Time With the History of Canes

Take an assisted walk through the history of the cane and its evolution from ancient walking stick to modern mobility aid.

Status, storage and self-defense. Many ancient cultures elevated canes from mobility aid and tool to status symbol. Ancient Egyptian royals, Chinese scholars and African tribal leaders carried canes to showcase their powerful social standing. Some ancient Roman canes were designed with hidden weapons, and Egyptian canes were sometimes made with secret compartments to hold valuables.

The cane's golden age. Walking sticks were used throughout the Middle Ages and Renaissance, but they peaked in popularity during the Victorian era, when canes became a must-have for any self-respecting fashionable gentleman. The walking stick rage was so big that in the 1700s, people had to have a license to carry a cane.

Modern mobility. Technology advances have led to modern "smart canes," which have GPS and sensors to provide the cane carrier with guidance based on movement patterns and even alert loved ones in case of a fall. Today's consumers can also find ergonomic, shock-absorbing and handcrafted canes.



In the Swim

Each year, Swimming World magazine honors the athletes who have made the biggest splash in the sport. Here's a roster of a few of the men and women who have been named World Swimmer of the Year.

Year	Male Winner	Female Winner
1967	Mark Spitz	Debbie Meyer
1978	Jesse Vassallo	Tracy Caulkins
1981	Alex Baumann	Mary T. Meagher
1990	Mike Barrowman	Janet Evans
2002	Ian Thorpe	Natalie Coughlin
2016	Michael Phelps	Katie Ledecky
2025	Leon Marchand	Summer McIntosh

"This Month In History" AUGUST

1926: 19-year-old Gertrude Ederle becomes the first woman to successfully swim the English Channel. Her time of 14 hours and 31 minutes beat the existing men's world record by nearly two hours.

1938: Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

1964: "A Hard Day's Night," the Beatles first feature movie, debuts in the U.S.

1962: Little Eva travels to the top of the pop music chart with the hit song "Loco-Motion" and inspires a dance craze.

1975: The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

1990: The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago's Field Museum.

2015: Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day. As of August 2025, more than 2 billion people use Facebook daily.