



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-



September 2026

Moving Through Pain: Why Gentle Exercise Helps Chronic Pain

Many people believe that when you have chronic pain, the best thing to do is to rest. For decades, this was common medical advice. Today, we know more. Science now shows that movement is one of the most powerful tools for reducing pain, especially for aging adults.

Gentle exercise and stretching increase blood flow, reduce stiffness, improve mood, and calm overactive pain signals in the brain. When muscles and joints are strong and flexible, they are less likely to send pain messages. Even small amounts of movement make a big difference. A short walk down the hallway, seated exercises during TV time, or slow stretches before bed can lower pain and tension.

Exercise also helps with mood, which is closely linked to pain. When we move, our bodies release natural chemicals that reduce pain and increase feelings of well-being. This doesn't mean you have to work hard or sweat heavily. Simple, consistent movement signals the body to relax, breathe deeper, and loosen tight areas that contribute to chronic discomfort.

For many people, the hardest part is just getting started. Pain can make movement feel scary. But movement can be gentle, slow, and carefully guided. Therapy teams and wellness instructors can demonstrate how to move safely without overdoing it. Over time, people notice better sleep, better balance, improved mood, and less discomfort. Movement becomes a way to build confidence, not fear.

Life Enrichment Corner

Happy Hour is always a big hit with Bobby Ryder in the house!



The men's team huddled up, eagerly strategizing over their trivia questions.

Jammin In Jamaica Theme Dinner



What's New?

Creative Cooking

We are excited to introduce a new resident-inspired activity to our calendar. For our first creative cooking class, Miss Carol showed us how to make a delicious assortment of chocolate-dipped treats.



Resident Birthdays

9/1	Frank C.
9/15	Madeline D.
9/20	Gene R.
9/11	Belva E.
9/26	Suzanne S.
9/14	Pam S.
9/29	Marcia H.
9/02	Bob B.
9/16	Kathleen F.
9/29	Robin B.



Employee Birthdays

9/22	Mauricia Bethal
9/22	Amy Hook
9/23	Tonya Madison
9/23	Therese Williams
9/24	Tameka Webb
9/28	Claude Beckford

Villa News

Two of our Villa residents joined us to represent **The Bayshore** at the inaugural **Catwalk Collection Fashion Show**, benefiting the Hilton Head Humane Association and The Litter Box Thrift Store.



Edward & Mary Lou Smidebush
Peter Palmieri
Carol Smith

Let Go and Grow

"Autumn teaches us the beauty of letting go. Growth requires release—it's what the trees do." —Ka'ala



Bayshore Labor Day Cookout

We will be celebrating Labor Day with our Annual Bayshore Cookout on Monday, September 7th. Time will be announced.



