

Some Favorite Moments from March



April 2018 Newsletter



Welcome New Residents:

- Meador Kennedy
- Shirley Spellerberg
- Virginia Taylor
- Sam Gaillard, Jr
- Robert and Nancy Thompson
- Phil and Jennie Ruth Waynick
- Betty Jo Pryor
- Dan and Marilyn Waldsmith

Resident Birthdays:

Sandy Stern	April 7th
Marilyn Waldsmith	April 15th
Indiana Thomas	April 28th

Employee Birthdays:

Sherika Johnson	April 8th
Moraima Garcia	April 13th
Ashley Stiwinter	April 18th
Elena Agudelo	April 23rd
Pamela McClinton	April 25th
Carol Killingsworth	April 26th

FROM THE DESK OF THE Executive Director

This month, we will celebrate 1 year that Waterstone On Augusta has been serving our residents and families! As we look forward to Spring, warm weather, and the rest of 2018, my hope is that we will all be filled with optimism, peace and joy. This month, I take a moment to pause and reflect on the past year and consider how our experiences will shape the year ahead and help us to Provide Exceptional Senior Living Every Day! In this process, I have been mindful of the special residents that have passed on in this time, the new residents, families, and employees who have joined the Waterstone Family and the great successes we have had in serving our community in a multitude of ways. Mostly however, I have focused on how appreciative I am for the people I encounter through my work at Waterstone and Foster Senior Living, and for the joy that those relationships bring to my life. We hope that Waterstone serves as a vehicle by which our residents and families enrich their lives and make new and meaningful connections and friends. We are a community that serves others, but more importantly we are a Family that lives each day together to enrich each other's lives.

Each member of our Team is always open to assist in any way we can! Happy Spring!

TALES OF HISTORY —STARTING IN APRIL!

Starting this month, we are bringing in a new speaker, Vanessa Cole. Vanessa will be bringing new, interactive stories each month this quarter. Her programs specialize in historical themes, archeology, and genealogy. *You can enjoy Vanessa's "Tales of History" on the 1st Wednesday of every month at 3:30pm in the Bistro.*

This Quarter's Topics:

Tales of Making Do (April)

Life at home in the south during the Civil War was difficult at best. Substitutions were being used for common foods and items that were no longer available. It was 4 years of survival and making do, but it was also a time when families and friends pulled together and made lasting memories.



Tales of the Coast and Sea (May)

Storms and shipwrecks...lighthouses and lifesaving men...they are a part of our history from coast to coast. The United States Life Saving Service and the United States Lighthouse Service are the forebearers of today's Coast Guard. Lighthouse keepers were there to guide the way and the brave men of the Lifesaving Service went out into the storm to rescue those in trouble when tragedy struck.



Tales of Tea, Tabasco, and Chef Boyardee (June)

Did you know that potato chips were invented as an insult? Did you know that Chef Boyardee (yep, the man on the can of spaghetti) was a real person? Did you know that PEZ candies were to help you stop smoking? These are just a few of the foods covered in this enlightening history of some of our favorite foods.

Stress Awareness Day—Monday, April 16th

We will be recognizing "Stress Awareness Day" with a full day of stress management techniques. We hope you will join us for one or all of the following relaxing activities!

10:00 Chair Chi

Today's Seated Exercise class will consist of Tai Chi and Qi Gong movements.

10:30 Guided Meditation

Immediately after exercise, allow Tiffany to take you through a meditative journey.

1:30 Hand Massages

After lunch, treat yourself to a relaxing hand massage.

4:00 Essential Oils Project

We will be making DIY Lotion Bars with essential oils.

Resident Spotlight



This month, we are recognizing Mildred Tollison. Mildred was born and raised in Greenville; however, she has traveled all over the United States as well as Europe.

She loves creating art pieces and working with her hands. Mildred loves the friendliness of the people here at Waterstone. She comes from a large family and loves that she never feels lonely here. Mildred's loving personality and upbeat demeanor brighten the halls of Waterstone everyday!

Employee Spotlight



Introducing, Lola Smith! Lola has been a Resident Assistant at Waterstone since December 2017. For this Greenville native, family is #1! She has 4 daughters and 12 grandchildren. In

her free time, she enjoys reading, working her magic in the kitchen, and of course taking care of those grandkids! Lola's caring nature is evident in how she relates to our residents. Her compassion and big heart shine. Thank you, Lola, for all you do for Waterstone!

What's New in April...

- 4/1—Easter Garden Party
- 4/4—New Speaker Series, Tales of History
- 4/5—Miniature Golf
- 4/6—Korean Children's Choir at Bob Jones University
- 4/9—Elvis Tribute
- 4/11—Flower Arranging
- 4/12—Nature walk at Lake Conestee Nature Park
- 4/13—Scrabble Party!
- 4/15—International Ballet: Coppelia at the Peace Center
- 4/16—Stress Awareness Day
- 4/21—Family and Friends day with Community of Faith (Invite your family and friends to join you at this week's service; refreshments will be served)
- 4/26—Trip to Barnes and Noble
- 4/28—Hymn Sing with Earl St Baptist Church

Live Entertainment This Month:

- 4/9—Elvis Tribute
- 4/12—Tom Fisch
- 4/17—Whatsername
- 4/26—Carolínians Senior Jazz Band
- 4/27—Jenn & Bob

Other Special Events:

- Ecumenical Community Worship Service
- Canine Healing Project
- "Planet Earth" Series in the Theater
- Therapy Education Seminar
- Crafts with Arifa
- Painting Class with Santino