



### Resident Spotlight

Audrey White was born and raised in Greenville. She went to Greenville High School and graduated from Furman University. She and her husband Thomas, who served in the Navy, have 2 daughters, Lynn and Bunny. Audrey has always kept busy, volunteering with organizations such as the American Red Cross and the Girl Scouts, all while maintaining her stay at home duties. At Waterstone, you can always find Audrey at any of the bible studies or bingo games. And you can be sure she will greet you with a warm smile and welcoming conversation.

### Employee Spotlight

This month, we are shining our spotlight on this friendly face from our Welcome Desk, Amanda Ruparelia. Amanda moved to Greenville 3 years ago from Charleston, SC. She and her husband, Ramesh, have 2 very active boys, Dominic (8) and Isaac (3). With her husband serving in the Navy, their family travelled to several different states before making Greenville their home. Now they like to spend their free time playing sports with the kids and hanging out with family. Because she is so family oriented, Amanda feels right at home here at Waterstone. She loves how the staff and residents get along, and especially just listening to resident's stories and learning their history.



### Did you know...

Master's Mark Dry Cleaner service offers free pickup and delivery to Waterstone on Augusta on Tuesdays and Fridays?

See Amanda at the Welcome Desk for more information.



# May 2018 Newsletter



### Special Events in May

- Chair Chi- every Monday!
- 5/4 – Kentucky Derby Party
- 5/5 – Cinco De Mayo Party
- 5/12 – Jewelry Making
- 5/13 – Mother's Day Tea
- 5/15 – Educational Seminar led by RN
- 5/18 – Spring Semi-Formal
- 5/19 – Church Service Family and Friends Day
- 5/24 – Scavenger Hunt
- 5/29 – Educational Seminar led by Therapy Dept

#### Live Entertainment

- 5/10 – Tom Fisch
- 5/18 – Leslie Diane
- 5/24 – Rob Murdock

#### Outings (Sign Up at Welcome Desk)

- 5/10 – Spring Wind Ensemble at Peace Center
- 5/24 – Picnic at the Park
- 5/31 – Greenville Zoo
- 5/31 – Carolina Music Museum
- 5/31 – Ice Cream at Pickwicks



We are super excited to celebrate the mothers here at Waterstone on Augusta...and you're invited to join us! Our special Mother's Day Weekend events are listed below. We hope to see you there!

#### Saturday, May 12<sup>th</sup>

**Jewelry Making Class**  
3:00pm in the Bistro  
*All supplies will be provided*

#### Sunday, May 13<sup>th</sup>

**Mother's Day Brunch**  
12:00pm in the Dining Room  
*No sign up required.*

**Mother's Day Tea**  
3:00pm in the Bistro  
*Join us for cupcakes, refreshments, and of course a cup of tea.*

## New Exercise Class – Chair Chi!

Tai chi, as an exercise, comprises gentle physical exercise and stretching with mindfulness. It has been shown to improve balance control, fitness, and flexibility, and to reduce the risk of falls. This ancient Chinese tradition has evolved over centuries to become a means of alleviating stress and anxiety, a form of "meditation in motion." It is safe for people of all ages as it does not put too much stress on the muscles and joints.

### Health benefits...

- greater aerobic capacity and muscle strength
- more energy and stamina
- enhanced flexibility, balance, and agility
- lower blood pressure and improved heart health
- reduced Inflammation
- fewer falls
- better sleep quality
- enhanced immune system



### Research has also shown benefits for chronic health conditions...

#### **Chronic heart failure**

Research at Harvard Medical School and the Beth Israel Deaconess Medical Center found that patients with chronic heart failure who regularly practiced tai chi experienced a better quality of life and mood, and that they slept better.

#### **Parkinson's disease**

A study published in the *New England Journal of Medicine* found that people with Parkinson's disease who practiced tai chi experienced significantly improved gait and posture, and fewer falls.

#### **Fibromyalgia**

Other research suggests that in people with fibromyalgia, tai chi can bring relief from joint pain and other symptoms.

#### **Diabetes**

A study published in the *British Journal of Sports Medicine* has indicated that tai chi can improve blood glucose levels and immune system response in patients with type 2 diabetes.

#### **Depression**

The American Journal of Geriatric Psychiatry has indicated that a weekly tai chi exercise class with a standard depression treatment for a group of older adults with depression could help to treat depressive symptoms.

**Join us every Monday at 10:00am in the 3rd Floor Theater!**



## Memorial Day: A Day of Honor

At Waterstone on Augusta, we are grateful to serve and support our veterans with dignity, for the many sacrifices they have made in their lifetime. They are truly our heroes. On this Memorial Day, we honor our military—both young and old—for their brave service.

LET US REMEMBER OUR FALLEN HEROES...



### **The History of Memorial Day**

Observed the last Monday of May, Memorial Day is the day that Americans honor the brave men and women who have faithfully served in the United States military. It was originally called Decorations Day following the Civil War in 1868. Claiming more lives than any other U.S. conflict, the U.S. Civil War led the government to establish the country's first national cemeteries. During the spring, many cities and towns throughout the country were inspired to honor their fallen soldiers by decorating their graves with flowers. Originally, it was to honor the soldiers lost while fighting in the Civil War. But during WWII with America embroiled in another conflict, the holiday evolved to honor all American military personnel lost in battle. This holiday, now known as Memorial Day, became a federal holiday in 1971.

### **The Waterstone Wall of Heroes**

This year, we have a special way of recognizing those who have served in the military for all to see. If you would like to honor a spouse, family member, friend, or loved one, submit a photo of that person with a short paragraph describing their service and why they are special to you. We will be happy to make a copy of the photo and return your original to you. **Please have all photos to the Activities Department no later than Wednesday, May 23<sup>rd</sup>.** Photos will be displayed on the Waterstone Wall of

## Smiling faces of Waterstone...

