

Meet Your Neighbor: Lois

Interviewed by Veronica Routhier

Lois Rowehl was born on October 22nd and is originally from New York. She worked in sales and as a secretary. She has two children and 8 grandchildren. She loves dancing and swimming. Her favorite color is blue and her favorite food is spaghetti. She used to love travelling with friends and has been on 13 cruises and to 48 states. She says her strength as a person is "being happy" ..we agree!



Meet the Staff: Linda L.

Interviewed by Charlotte Yetter

Linda Lane works as our weekend (and as needed) receptionist. Her birthday is September 3rd and she lives in Murrells Inlet. She is from north of Syracuse in New York. She has one son. She loves going on cruises and has been on 23 of them! She loves the color lavender, anything chocolate, and likes reading mystery books.

Religion & Spirituality

Worship Service with Coastal Church

Sundays @ 10:45 (MPR)

Adult Sunday School with Coastal Church

Sundays @ 12:00 (MPR)

Catholic Communion

Every Wednesday (Except 3rd Wed) @ 9:30 (CR)
Catholic Mass Every 3rd Wednesdays @ 3:30 (CR)

Hymns & Bible Study with Coastal Church

Wednesdays @ 6:00 (MPR)

Interactive Bible Study with Billy Miles

1st Friday of Every Month @ 1:30 (CR)

Communion with Church of the Resurrection Every
3rd Thursday @ 1:00 (CR)

***NO SERVICE IN FEBRUARY*---** Communion &
Worship Music with Arms Wide Open Church Every
Last Friday @ 10:30 (CR)

February Birthdays

The two zodiac signs associated with February are Aquarius and Pisces. Those born from February 1st to February 18th are members of the Aquarius zodiac signs. Members of the Aquarius can be identified by their unique style and their flowing personalities. For people born February 19th to February 28th/29th, they are born under the influence of the Pisces sign. The Pisces is a dreamer, but luckily their determination can turn far-off dreams to tangible realities. For more information on those born in February, consult the horoscopes listed below.

Howard Kratzer February 6th

Betty Pfeil February 11th

Ronald Dougherty February 12th

Mary Lou Rose February 12th

Bob Jefferson February 12th

Beth Eakins February 14th

Hattie Thacher February 25th

Rosa Parks (activist) – February 4, 1913

Laura Ingalls Wilder (writer) – February 7, 1867

Thomas Edison (inventor) – February 11, 1847

Sidney Poitier (actor) – February 20, 1927

George Washington (president) – February 22, 1732

Elizabeth Taylor (actress) – February 27, 1932

Dementia Support Group

The Palmettos will be hosting our very first monthly Dementia Support Group **Wednesday February 19th from 6:00 – 7:00 pm in the Club Room.**

Join us for "Getting to Know You" icebreakers. Refreshments will be served.

Check back for monthly guest speakers and topics including *Dealing with the Diagnosis, Coping with Caring, The Importance of Self Care, Honoring the Memories, and Full Body Health Tips!*



February Outings

Monday 2/3 Walmart 1:30

(Sign Up by 2/2)

Monday 2/10 Hammricks

1:30 (Sign Up by 2/7)

Monday 2/17 Walmart

1:30 (Sign Up by 2/14)

Friday 2/21 Scenic Drive through Huntington

Beach State Park

(Sign Up by 2/19)

Monday 2/24 Ollie's Bargain Outlet 1:30

(Sign Up by 2/21)

Friday 2/28 (LONG) Scenic Ride to Georgetown Waterfront

(Sign Up by 2/26)

The Palmettos of Garden City (843) 668-2500 9415 Hwy 17 Bypass Issue #5

The Chatter Box

Palmetto Love Stories

Agnes Shear met her husband Bob at the rug store where they both worked in Syracuse, NY. They were married for 65 years.

Veronica Routhier met her husband, George, at a dance and they were married for 54 years.

Joan O'Keefe met her husband Daniel on a blind date that she felt obligated to go on. He needed to get the approval of her four brothers! They had a long distance relationship while he was in the Army. They were married for 60 years.

Mike Priester met his wife, Ann, at a bar in Lake George, NY. They were married 42 years.

Lois Rowehl met her husband, William, at a bar where he was in his Navy uniform. He was a friend of the family from Hicksville, NY. They were married 70 years.

Betty Alkire met her husband William in high school in Ladysmith, VA. They have been married for 70 years. Betty met him at an amusement park and stole his heart from another girl!

Charlotte Yetter met her husband Lawrence when she was in the 7th grade. He was a junior. He used to walk past her house to go to school and started stopping at her house and walking with her. They were married for 62 years.

Gus Farria met his wife Esther, of 67 years, on a blind date in Rhode Island.

Joseph Brindisi met his wife of 62 years in the officer's club at Geiger Field in Spokane, Washington.

Davis McNeil met his wife Beulah of 27 years while walking into the insurance company Conway, SC.

Dick Huffnail met his wife Patricia of 50 years while she was at Ithaca College and he was at Cornell University.

Duane McNett met his wife Esther in high school in Syracuse, NY. They were married 69 years.

Recycling at the Palmettos

We will now be collecting aluminum cans, plastic bottles, and paper/cardboard recycling! Save your cans, bottles, newspapers, newsletters, and other papers and drop them off in the recycling bins in the Library & on Memory Care. Erica in Activities will be bringing them to the recycling center monthly! Thanks for taking this simple step in making the Palmettos a more environmentally friendly place!



Older Adults and the Importance of Social Interaction

Research has shown that social interaction offers older adults many benefits. Staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function.

People who continue to maintain close friendships and find other ways to interact socially live longer than those who become isolated. Relationships and social interactions even help protect against illness by boosting your immune system.

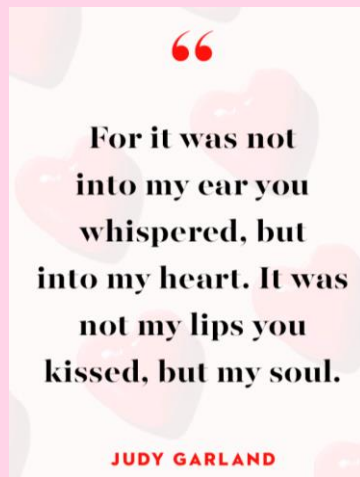
Specific health benefits of social interaction in older adults include:

- Potentially reduced risk for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis
- Potentially reduced risk for Alzheimer's disease
- Lower blood pressure
- Reduced risk for mental health issues such as depression

Conversely, social isolation carries real risks. Some of these risks are:

- Feeling lonely and depressed
- Being less physically active
- Having a greater risk of death
- Having high blood pressure

Social interaction helps keep your brain from getting rusty, but it's most effective when coupled with an overall healthy lifestyle, including a nutritious diet and physical activity.



While most of our activities and groups serve a social purpose, here is a list of the best opportunities to help you maintain a healthy active social life:

Story & Discussion Groups (*Charleston Walking Tour, Tales Along the Grand Strand, Old Times in Horry County, Pennsylvania Ghost Towns, The First Ladies, Growing Up in Coal Country, Animal Wisdom*)

Games (*My 2 Cents, Shake Loose a Memory, Ungame*)

Spirituality Based (*Devotional Group, Interactive Bible Study with Billy Miles,*

Other (History of..., In the Spotlight, Feature Photo Presentations, Book Club, Newsletter Meetings, Happy Hour

Don't forget, everyone can benefit socially from attending everyday favorites like bingo, crafts, exercise groups, manicures, board games, outings, and more!



Huntington Beach State Park

The park is home to a wide, pristine beach, over 300 species of birds and other wildlife, excellent nature trails and a nature center. But perhaps most unique to the 2500-acre coastal preserve is Atalaya Castle, the striking, Moorish-style winter home of Archer and Anna Hyatt Huntington. Archer Huntington was a well-known philanthropist and his wife, Anna Hyatt Huntington, was a noted 20th-century sculptor. The couple left both the park and nearby Brookgreen Gardens as their legacy.

Atalaya- The home was built during the Great Depression by local workers and was designed to withstand hurricanes. Anna Hyatt Huntington's studio was located on the property and many of her significant works were sculpted here. Several of those pieces can also be found in adjacent Brookgreen Gardens.

Outside of the culturally and historically important aspects of Atalaya and the Huntington family, the park as a whole is just plain fun to visit.

Join us **Friday February 21st at 1:30** for a scenic ride through this wonderful local park!



Black History Month

2020 marks the 150th anniversary of the Fifteenth Amendment (1870) which gave the right of black men to vote following the Civil War. It also marks the centennial of the Nineteenth Amendment and the culmination of the women's suffrage movement.

This year's theme for Black History month, "African Americans and the Vote", recognizes the struggle for voting rights among both black men AND women throughout American history.

It is an ongoing struggle for people of color that continues into the 21st century.

Even before the Civil War, free black men first petitioned state legislatures for the right to vote, but it wasn't until 1870 when the 15th Amendment was ratified providing that "the right to vote shall not be denied or abridged on the basis of race, color or previous condition of servitude."

Even so, southern state legislatures immediately began undermining the protections found in the new amendment. Years of lawsuits and protests followed, but it wasn't until the rise of the Civil Right Movement and Voting Rights Act of 1965 that the freedom to vote was enjoyed by a majority of southern blacks.

Today, these freedoms have eroded by 'gerrymandering' - or dividing voting districts to gain an unfair majority. Harsh voting restrictions by states have also been enacted to discourage voting among poor blacks.

The ongoing struggle may seem disheartening, but there is hope. The 2018 US midterm election, for example, saw a surprising record number of minority and women voted into state legislative power coast to coast. The voting tallies sparked new optimism that the historic pendulum was swinging back - again - to equal voting rights for all.