

Older Adults and the Importance of Physical Exercise

Older adults, both male and female, can benefit from regular physical activity. Physical activity need not be strenuous to achieve health benefits. Older adults can obtain significant health benefits with a moderate amount of physical activity, preferably daily. A moderate amount of activity can be obtained in longer sessions of moderately intense activities (such as walking) or in shorter sessions of more vigorous activities (such as fast walking or stairwalking). Additional health benefits can be gained through greater amounts of physical activity, either by increasing the duration, intensity, or frequency. Because risk of injury increases at high levels of physical activity, care should be taken not to engage in excessive amounts of activity.

In addition to cardiorespiratory endurance (aerobic) activity, older adults can benefit from muscle-strengthening activities. Stronger muscles help reduce the risk of falling and improve the ability to perform the routine tasks of daily life.

Facts

- The loss of strength and stamina attributed to aging is in part, caused by reduced physical activity.
- Inactivity increases with age. By age 75, about one in three men and one in two women engage in no physical activity.
- Among adults aged 65 years and older, walking and gardening or yard work are, by far, the most popular physical activities.
 - Social support from family and friends has been consistently and positively related to regular physical activity.

Benefits of Physical Activity

- Helps maintain the ability to live independently and reduces the risk of falling and fracturing bones.
 - Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.
- Can help reduce blood pressure in some people with hypertension.
 - Helps people with chronic, disabling conditions improve their stamina and muscle strength.
 - Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
 - Helps maintain healthy bones, muscles, and joints.
 - Helps control joint swelling and pain associated with arthritis.

March Birthdays

In astrology, those born between March 1st and 20th are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others. Those born between March 21st and 31st are the Rams of Aries. As the first sign of the zodiac, Aries like to be number one. Bold, courageous, passionate, and somewhat impulsive, Rams dive headfirst into even the most challenging situations.

Wilma J. – March 14th
 Cathy M. – March 16th
 Pat H.- March 17th
 Detlev N.- March 20th
 Cliff H.- March 28th
 Don E.- March 31st

Lou Costello (comedian) – March 6, 1906
 Liza Minnelli (actress) – March 12, 1946
 Simone Biles (gymnast) – March 14, 1997
 Fred Rogers (neighbor) – March 20, 1928
 Harry Houdini (magician) – March 24, 1874
 Mariah Carey (singer) – March 27, 1970

Physical Exercise at the Palmettos

There are several opportunities to engage in physical exercise while living at the Palmettos. Here are some popular favorites, which engage a variety of parts of the body and at varying degrees of exertion.

Sit & Be Fit with Randi, Rockin' Fitness with Randi, Chair Yoga with Rebecca (NEW!), Balloon Volley, Hot Potato, Parachute, Table Ball, Flickin' Chicken, Bowling, Corn Hole, Parachute, Tabletop Shuffleboard, Bus Outings and more!

Even Bingo can be a low intensity range of motion exercise and is also great for hand-eye coordination and keeping fine motor skills intact.

Whether walking the building in solitude or with a friend, here are some popular routes and distance in and around the Palmettos:

100 Hall Square & 200 Hall Square: **460 ft** each
 100 Hall TV Room to 200 Hall TV Room (through both courtyards): **380 ft**
 Sitting Room Outside 100 Hall Nurse's Office to Sitting Room Outside 200 Hall Nurse's Office: **190 ft**
 Club Room to Multipurpose Room: **140 ft**
 Front Porch to Flagpole: **100 ft**



March Outings

Monday 3/2 @ 1:30
Walmart

Monday 3/9 @ 1:30
Stein Mart

Monday 3/16 @ 1:30
Walmart

Friday 3/20 @ 1:30
Scenic Ride through Brookgreen Gardens

Saturday 3/21 @ 1:30
Barnes & Noble at Market Commons with Beth

Monday 3/23 @ 1:30
Dollar Tree

Monday 3/30 @ 1:30
Walmart

Always Sign Up at Front Desk

The Chatter Box

The Palmettos of Garden City 9415 Hwy 17 Bypass Murrells Inlet, SC 29576 (843) 668-2500

March Talent Show

“Since the late 1980s, talent shows have become a notable genre of reality television, such as Star Search (1983), Popstars (1999), Star Academy (2001), American Idol (2001), Last Comic Standing (2003), Dancing with the Stars (2004), The X Factor (2004), So You Think You Can Dance (2005), America’s Got Talent (2006), The Sing-Off (2009), The Voice (2010), Rising Star (2013), World of Dance (2017), The Four: Battle for Stardom (2018), All Together Now (2018) and The World’s Best (2019), which have been critical in catapulting some amateur artists to stardom and resulting in their commercially successful careers.”

The Palmettos of Garden City may not be the platform to catapult you into stardom and fame, but our Talent Show is sure to be one thing...entertaining! Join us Wednesday March 25th at 3:00 in the Bistro as a spectator or a talent! Please see Erica in Activities if you are interested in joining our line-up, which can include talents ranging from whistling to contortion!

Popular Lucky Charms Explained

Four-leaf Clover- According to legend, the luck of the four-leaf clover goes back to Eve, who supposedly carried one out of the Garden of Eden. Others believe in their power because they’re simply rare to find. For every 10,000 three-leaf clovers, there is only 1 four-leaf. The four leaves represent faith, hope, love, and luck.

Horseshoe- One of the most common symbols of luck, horseshoes were first considered lucky by blacksmiths. People believed that fire and iron had magical powers and would ward off spirits of the past. But be careful how you hold or display your horseshoe- it’s only good luck if the ends point upward.

Rabbit’s Foot- These days, you can get a rabbit’s foot in a vending machine or as an arcade prize, but using a rabbit’s foot for a good luck charm dates back to the Celtics in 600 B.C. However, the Celtics were very specific with this superstition. It had to be the hind left foot of the rabbit in order to be considered lucky.

Meet Your Neighbor...Emil

Emil Silvoy worked as the head draftman at Drafting Structural Steel Co. He was born in Bethlehem, PA and has also lived in Reading, PA and Philadelphia, PA. He was married with no children and grew up with a sister and three brothers. Emil says his father, who was a cop for 65 years, is his hero. His secret talent is that he speaks Slovak! He enjoys going to church daily and is most proud of taking care of his wife, especially for the 8 years while she was sick. He is an excellent dresser, is very mobile at 99 years old, and has a good sense of humor. When asked "What is the most daring thing you have ever done?" he responded "went out with a girl!"

Meet the Staff...Megan

Megan Elizabeth Vitiello has worked as a CNA here at the Palmettos for almost 2 years. She is from Newton, NJ and has also lived in Milton PA, and in Conway SC where she currently resides. Her nicknames are "Pebbles" and "Meg Meg". She grew up with 2 biological brothers and 5 adopted siblings. She says her mother is her hero and has followed in her footsteps, in some senses, by adopting her own niece. She is smiley, confident, and very helpful to our residents. For fun, she likes walking her dog and if she could travel anywhere it would be to the Dominican Republic, Hawaii, or Alaska.

Pluff Mud

On a recent scenic drive through Huntington Beach State Park, our discussion somehow turned to pluff mud. Here is some information on the stinky sticky sediment that is a strong feature of Lowcountry salt marshes.

Pluff or Plough? Only in the Carolina Lowcountry is this marsh mainstay called "pluff" or "plough" mud. Both pronunciations and spellings are acceptable. The name originated in the early 1800s when coastal planters began using the nutrient-rich substance as a fertilizer and would plow (then spelled "plough") it into the fields. How "pluff" came into play, no one's quite sure.

Digging In- Pluff mud provides burrowing grounds for many beings that can live in a low-oxygen environment, including fiddler crabs, clams, and worms. Larger animals such as birds, raccoons, and fish then come to feed on these creatures. All play a role in the salt marsh's intricate food web.

Great Gobs of Goo- The mud is a mix of algae, decaying animal and plant matter (particularly spartina grass reeds),

Live Musical Entertainment at the Palmettos

Monday 3/2 @ 4:00

Jim Seem Plays Guitar & Sings the Oldies

Saturday 3/7 @ 3:30

Molly's Melodies

Saturday 3/14 @ 2:00

Piano & Sing Along with Liz King

Tuesday 3/17 @ 2:00

Guitar & Singing with Penny

Friday 3/27 @ 4:00

Violin with Jennifer Sone

Saturday 3/28 @ 2:00-2:30

Old Classics with Ukulele Dave



and sediment. Bacterial detritivores, which feed on the dead and decomposing organic matter, live within it, respiring without oxygen in a process that removes sulfate from the water and releases hydrogen sulfide into the mud. Thus, the "rotten egg" smell.

Plop Culture- The complex salt marsh-tidal creek ecosystem—incredibly valuable to marine life for many reasons—is made up of numerous zones and habitats. Among these, pluff mud is usually found in the tidal creeks and low marsh (a zone that reaches from the creek bank to the mid-marsh and is covered with saltwater for half the day).

Horse Sense- The native horse called the "marsh tacky" is especially renowned for its ability to cross this volatile stuff without "bogging," as a 1933 Charleston News and Courier article put it. The piece continued, "...when a tackey [sic] wishes to cross a particularly treacherous piece of plough mud, he lies down on his side and pushes his body along by using his feet as paddles. Several Edistonians say that they have witnessed this spectacle."

Brookgreen Gardens

Brookgreen Gardens as we know it today was conceived by philanthropists Archer and Anna Hyatt Huntington. He was the heir to a railroad fortune, and she was a famous sculptor raised by parents who instilled in her a love for art and nature. They married in 1923, when she was already an established sculptor. In the late 1920s, Anna was taken ill by tuberculosis and they traveled to South Carolina in search of a warmer climate to aid her recovery. Here, they fell deeply in love with the beauty of the lowcountry; they purchased the nearly 10,000 acres from the Waccamaw River to the Atlantic Ocean that once made up the four plantations to create their winter retreat.

They soon developed the idea of using a large portion of their land to showcase Anna's work and Brookgreen Gardens was born. Anna personally designed many of the gardens you see today, with the first garden designed with walkways in the shape of a butterfly. The Huntingtons decided to turn Brookgreen into a public garden that preserved the natural beauty of the lowcountry, and displayed Anna's sculptures and eventually works from many other acclaimed American artists. Huntington stated that their ultimate goal was to make the gardens "a quiet joining of hands between science and art."

Today, Brookgreen Gardens continues to honor their legacy; 500 acres of beautifully cultivated gardens are home to over 1,400 sculptures and 2,000 species of plants. It is the country's first public sculpture garden and has the largest collection of figurative sculpture by American artists in an outdoor setting in the world.

The gardens also pay homage to the land's early history. Visitors can visit the Alston family cemetery, the famous allée of oak trees planted in the 1700s, the remains of The Oaks' slave village, and enjoy interpretive tours that examine what 18th-century plantation life might have been like for the many different peoples who experienced it.

Brookgreen offers a boat ride along the Waccamaw River to see the former sites of the rice fields and learn about the lives of the slaves who worked them. Additionally, the Brookgreen zoo features native wildlife as well as heritage breeds of farm animals similar to those that would have existed during plantation times. The newest addition is a gorgeous butterfly pavilion featuring more than 100 species of butterflies!

Join us for a scenic drive through Brookgreen on March 20th at 1:30

Book Nook

Joan H.- **Secrets of Sweet Tea** by Denise Johns: A Southern read about making mistakes and overcoming them.

The Long Way Home by Mariah Stewart: Takes place in present day and tells the story of being rich and eventually becoming poor.

Reader's Digest: Four short stories.

Doris E.- **My American Journey** by Colin Powell: Biography about his life from birth through his amazing service to our country.

Ronnie R.- **50/50** by James Patterson: One of the series he writes using Detective Harriet Blue. Ronnie reads a lot of James Patterson but said this was not one of her favorites by him.

Beth K.- **Private Berlin** by James Patterson: From a series of a private detective agency run by Jack Morgan where each book takes place in a different part of the world. Beth says it was very good once she got used to the German words used throughout.

Teri C.- **The House on Tradd Street** by Karen White: featuring a Charleston real estate agent who loves old houses—and the secret histories inside them.

"Among the most significant artistic expressions, music is embedded in the fabric of human culture and identity. We have all been exposed to music in some way, whether by listening to recordings, playing an instrument, attending concerts, or dancing. It provides a unique emotional experience that takes on personal and social meaning in endless respects."

Dementia Support Group: Music and Dementia with Tidelands Community Hospice

Wednesday 3/18 @ 6:00 in the Club Room- All are welcome!

