

POWERFUL TOOLS FOR CAREGIVERS

Caregiving for a loved one with any chronic illness is a generous act of love. It's also hard work! Wildcat is proud to host this six-week course, Powerful Tools for Caregivers, with our friends at The ARK of South Carolina. This free series will provide caregivers of all kinds with practices and knowledge to sustain their caregiving journey.



Tuesdays
August 22-September 26
 10-11:30 a.m.
 Sign up today to reserve your spot!



Welcome, Eastern Rehab Services!

We are excited to welcome **Eastern Rehab Services** to Wildcat as our in-house, therapy provider. They are located in our first-floor therapy and workout room and have a variety of tools right here at Wildcat to offer superior therapy services to our residents.

Eastern Rehab Services' mission is to help patients regain their highest level of functional independence through the assistance of Physical Therapy, Occupational Therapy, and Speech Therapy. Eastern therapists will be on site most days of the week to assist our residents in developing their highest skill level.

Welcome Kerry and the Eastern Rehab Services team to our community!



STAFF

- JOHN B. CORNWELL
Executive Director
- LISA MIKKELSEN
Wellness Director
- EILEEN GOOS
Culinary Director
- ALISHA STANLEY
Business Office Manager
- ANGEL COX
Community Relations Director
- WENDY MURPHY
Community Outreach Director
- LINDA GUIMOND
Life Enrichment Directors
- KENNEDY STRIBLING
Facilities Director

HELLO FROM OUR EXECUTIVE DIRECTOR

My name is John B. Cornwell, and I am the Executive Director here at Wildcat Senior Living.

Working with seniors has always been my passion. I began my journey as a Certified Nursing Assistant as a teenager while I was in nursing school. I graduated from nursing school in 2000 and began working with seniors immediately. I knew then that this was going to be my specialty. In 2018, I continued my education and obtained my Long-Term Care Administrator License so I could grow professionally.

In my spare time, you can find me reading a book or listening to podcasts. I enjoy working at Wildcat Senior Living because I can make a difference in people's



LIVE MUSIC IN AUGUST!

August 11
2 p.m.
Main Dining Room
 Logan and Maddelaine, a singing duo who bring classic tunes with a guitar and voices.
August 25
2:30 p.m.
Main Dining Room
 Just Good Enough Christian Group brings high energy to their singalong

WALK TO END ALZHEIMER'S – JOIN NOW!



Saturday, October 28
8:30 a.m.
Joseph P. Riley Park
Charleston

Join our team as we walk to end Alzheimer's Disease! The annual two-mile Walk to End Alzheimer's brings together those living with the disease, caregivers and supporters of a world without memory loss. You can join our team – Wildcat Walkers – by going to www.act.alz.org/walk and entering our team name.

INSIDE

- Resident Spotlight...p. 2
- Associate Spotlight...p. 2
- Upcoming Events...p. 2
- Monthly Pictures....p. 3
- Water Aerobics.....p. 3
- Live Musicp. 4
- Alzheimer's Walk....p. 4
- Welcome, ERS.....p. 4

WELCOME TO OUR NEW RESIDENTS!

We welcomed so many new residents in July!
 Welcome home, Wildcat family!

- | | |
|-------------|------------------|
| Maria G. | Marcia A. |
| Florence S. | Hans W. |
| Mary W. | Frank & Sarah P. |
| Winifred M. | Robert F. |
| Aileen B. | Joyce J. |
| Mitchell M. | Carol T. |
| Ed A. | |



**UPCOMING
EVENTS**

Every Wednesday
10 a.m. - Wildcat Walking Club. Meet Linda every Wednesday in the main Dining Room and take a walk around our beautiful campus

Monday, August 21
10 a.m. - Worship service and Bible Study with Cane Bay Presbyterian Church in the 3rd Floor Activities Room



Friday, August 26
4-5 p.m. - Happy Hour in The Clubhouse sponsored by Home Instead Home Care



Wednesday, August 30
2 p.m. - Where in the World is Chef Eileen? In the main dining room. Join Chef Eileen on a culinary adventure!

RESIDENT SPOTLIGHT

Dr. Edward and his spouse, Pat, were among the very first assisted living residents in Wildcat. Pat passed away this month, peacefully at her Wildcat home. Ed has been a poet for much of his life. This poem was one of Pat's favorites. We are happy to share it in Pat's loving memory.



And it's not the world that makes one,
Or breaks one it appears,
But the sum of all our worries,
Of our ventures and our fears.

Our life is what we make it -
We're the "masters of our fate"
- Yet, though we rise to rank and power,
Through we be classed as great;
There is still a certain something,
That the world to us can't give,
For the godly gift of happiness,
Comes, through how we love and live.

From Within

By Edward E. Crawford, Ph.D
When all seems dull and dreary,
And you don't know what to do,
When life is not a pleasure,
And the sky is never blue,
Just stop, and look inside yourself,
It's there it did begin,
For though the cause comes from without
Effects come from within --

ASSOCIATE SPOTLIGHT

This month's associate spotlight is on Wendi, who works as our receptionist three days a week and assists as a caregiver.

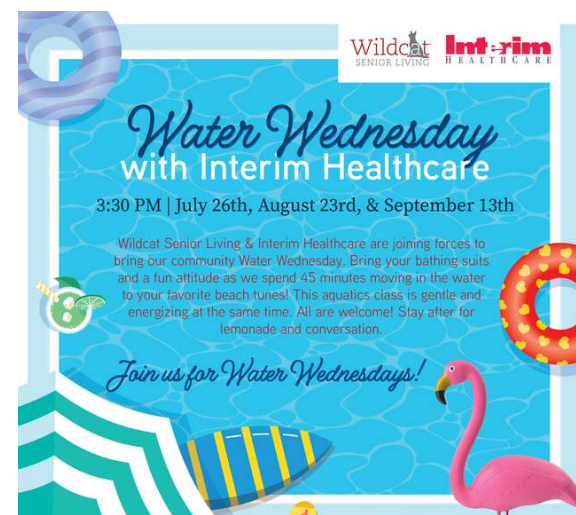
Wendi is a mom and grandmother and lives here in Cane Bay. She has been the receptionist at Wildcat for several months.

Wendi has several attributes that make her a valued associate at Wildcat. According to her colleagues and supervisor, she is compassionate towards residents and is always willing



WILDCAT TURNED UP THE HEAT IN JULY!

In July, we beat the heat and took our activities into our refreshing pool, the cool of The Clubhouse and to every corner of our campus. This month we welcomed new residents to their homes in all three parts of our community. We also exercised our muscles with water aerobics in our resort-style pool and with pool noodle "air hockey". We said hello to new friends during game night in The Clubhouse July was a great month at Wildcat!



**Water Aerobics
with Melissa!**

**August 23, 2023
3:30-4:30 p.m.**

Bring your bathing suit, and we'll bring the pool noodles and fun! Join Melissa from Interim Healthcare for 45 minutes of exercise, gentle stretching and great music in our pool. Stay after for lemonade, watermelon and great conversation. Invite a friend!