

# Wildcat<sup>®</sup>

## SENIOR LIVING

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### March 2024



**Saint Patrick's Day, or the Feast of Saint Patrick, is a religious and cultural holiday held on March 17th, the traditional death date of Saint Patrick, the patron saint of Ireland. When Irish immigrants brought St. Patrick's Day traditions to the United States. It has since become a secular holiday.**



- Easter lilies signify the true meaning of the holiday. ...
- Ham is a staple Easter recipe for a reason.
- The Easter Bunny made its way to America in the 18th century. ...
- Easter eggs are somewhat medieval. ...
- Easter's date changes every year. ...
- Easter clothes were once deemed good luck.

## Employee of the Month Ms Connie Shephard

This is Connie Shephard, she has been with us a little over a month and is excited about joining us. She loves her job but she says most importantly it's about our residents. She loves to be able to connect on a deeper level with seniors. She is honored to care for those who have cared for others. She says its rewarding to come in and watch them smile. It gives her a purpose she says and that is what it is all about.



## The Role of a Physician Assistant

In the health care industry, a number of professionals work together to provide care for patients. Among them are physician assistants, who have a growing role in helping to meet the population's increasing medical needs.

The physician assistant profession began in the 1960s in response to a shortage of primary care doctors. Since that time, the career has become one of the fastest-growing in the medical field.

Physician assistants are educated in general medicine so they can provide a wide spectrum of care. They must earn the equivalent of a master's degree from a specialized program, which requires classroom training and clinical experience similar to that of a traditional medical school.

Working in collaboration with a supervising licensed physician, certified PAs can perform most of the same duties as a medical doctor. They can conduct physical exams, diagnose illnesses, prescribe medications and treatment plans, order lab work and other tests, and perform procedures. PAs work in a range of medical settings, including doctors' offices, health clinics, hospitals and senior living communities.

National Physician Assistant Week is observed every year Oct. 6–12.

## Come On, Get Happy!

March 20 is recognized annually as the International Day of Happiness; however, you don't have to settle for just one day. Here are some ways you can nurture contentment year-round.

*Get moving.* It's widely known that regular physical activity benefits the body, but it also affects mental well-being. Exercise sparks the release of endorphins—the feel-good chemicals that promote happiness—and suppresses hormones that cause anxiety.

*Make a connection.* Strong relationships are proven to be as important to a person's health as proper diet, exercise and sleep. Studies show close social connections can bolster the immune system, speed recovery from illnesses, improve self-esteem, and even increase longevity.

*Do something new.* Those who engage in new and challenging tasks boost their pride and self-esteem. Explore a new hobby, learn another game, try a foreign food, or travel to an unfamiliar place.

*Remember when.* Reminiscing about good times from days gone by can enhance your outlook about today and the future. Experts say the comfort that comes from experiencing nostalgia promotes optimism, and they recommend surrounding yourself with sentimental objects.

### 3 Things You Need to Know

The American Heart Association urges women to get serious about cardiovascular disease. Here are three things you need to know:

1) Your risk increases after age 40 due to less estrogen, more blood-clotting protein and increased LDL, or bad cholesterol.

2) Fight it by not smoking, eating a healthy diet and exercising 30 minutes a day.

3) Women's heart attack symptoms can be subtle and may include chest tightening, pain in the upper body, nausea, sweating and dizziness.



- "The world needs strong women. Women who will lift and build others, who will love and be loved, women who live bravely, both tender and fierce, women of indomitable will." – Amy Tenney
- "Each time a woman stands up for herself, she stands up for all women." –Maya Angelou

### Stay Healthy by Staying Connected

Research shows that having strong social connections can boost your health. Staying active within your community has been proven to strengthen the immune system, speed recovery from illness, and reduce anxiety and depression.

There are many ways to maintain beneficial social networks, such as staying in touch with former classmates and co-workers, taking part in family traditions, and making new memories with friends.

Smiling at another person is one of the simplest ways to connect with them. Initiate conversations. Ask people about

their lives, families and hobbies, and actively listen to what they have to say. Giving your full attention to the person you're with enhances the connection, and showing sincere interest in others' lives helps build relationships.

Expand your social circle by participating in activities in your community, such as book clubs, classes, parties and game nights. Looking forward to special events will boost your spirits, too.



Speaking of strong women and staying connected; Mrs Joyce was a wonderful energetic woman who we chose to be one of our Wildcat Ambassadors. She was a bright light here. You would always see her at bingo, if she wasn't she was socializing with her friends Bonnie and Mary. Ms Joyce, we will miss you and the light you brought to us daily.



## Fitness Trends

The quest to get and stay fit has taken on many forms over the decades, from Jack LaLanne's TV calisthenics to tracking fitness with technology. Exercise your memories of history's fitness fads.

<u>Decade</u>	<u>Fitness Trends</u>
1950s	Calisthenics, jumping jacks, hula hoops
1960s	5BX (Five Basic Exercises), vibrating belts, stretch classes
1970s	Jazzercise, body building, Nautilus machines
1980s	Aerobics, NordicTrack, workout videos
1990s	Tae Bo, ThighMaster, boot camps, step aerobics
2000s	Pilates, Zumba, Wii and Xbox fitness games, kickboxing
2010s	CrossFit, yoga, wearable fitness trackers

"Then & Now"

## "This Month In History"

### MARCH

**1918:** Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

**1941:** The pioneering squadron of African American military aviators known as the Tuskegee Army Aircrew is activated for service in World War II.

**1962:** In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

**1974:** People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

**1987:** To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

**2006:** Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.

**2020:** The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.