March 2021

The Seabrook Scoop

Time To Set Clocks Ahead

Be sure to set your clocks ahead one hour on the evening of Saturday, March 13th before you go to bed. The first official day of Daylight Savings Time is Sunday, March 14th.

Vaccine News

On January, 26th 2021 the first dose of the covid vaccine was administered to all residents that signed up. On February 22nd, 2021 the second dose was given. Thanks for making both times a great success. We hope this will help us get back to a more active place, but remember we must all continue to wear our masks and stay 6-feet apart. Thanks Burkes Pharmacy.

Give up complaining —— focus on gratitude
Give up harsh judgments —— think kind thoughts
Give up worry —— trust God to provide
Give up discouragement —— be full of hope
Give up bitterness —— turn to forgiveness
Give up hatred —— return good for evil
Give up anger —— be more patient
Give up pettiness —— become mature
Give up jealousy —— pray for trust
Give up gossiping —— control your tongue
Give up sin —— turn to virtue
Give up giving up —— persevere

—- Author unknown

Morning Talk w/Rob

Come hear the latest news about The Seabrook from Executive Director, Rob Lee, on Thursday, March 11th at 10:00 a.m. (LR). Now is the time to ask any questions you may have or to make suggestions.

SCOOP CUT-OFF DATE

Please be reminded that articles for the Scoop need to be given to Resident Services by the 20th of the month. It is difficult to rearrange and squeeze in late entries. Thank you for your help!

PET OWNERS

If you have a pet and did not receive a Pet Registration Form within the last month, please notify Resident Services as soon as possible. Thank you!
Seabrook House Picture Display

Many residents like their artwork displayed in the halls of The Seabrook House. Now is the time! If you have a painting or photo you would like to display, please let the Decorating committee know. The pictures would be on a 3 week rotation so everyone would have a chance to display their artwork. Please make sure your name and apartment number is on your artwork so it can be returned.

Pest Control Information

The Pest Control schedule some of you may have contains incorrect information. As of November 2020, Hilton Head Exterminators is on a quarterly schedule. You will be notified by the Maintenance Director via phone call one week prior to treatment.

If you have any special request, please contact the Maintenance department and they would gladly help you with your request.

Bike Removal

All bikes must have a tag with your name and apartment number on them. Any bike left after March 12th without a tag will be thrown away!!

Maintenance News

Dog waste is to be disposed of ONLY in dog waste receptacles - not the trash cans located at the front of the building or in the building.

All storage Rooms have been cleared of misc. items. Do not put any items in any stairwells or storage areas/ common areas. The only authorized areas are assigned storage closets. Bicycles can only be stored the first floor of the stair well.

Jeff at the front desk is now able to enter maintenance work orders. If you have a non-emergency work order, please call the front desk at 843-842-3747 ext. 300. He will enter your work order and it will be responded to within 24hrs.

For any emergency work orders after hours, 4pm-8am (water leak, backed up drain, power outage, smoke detector, fire, or toilet inoperable - if only one in apartment), please call security at 843-686-6101.

Thanks!
**The Bookmobile**

We are fortunate that The Seabrook is on the bookmobile route that comes twice a month. The bookmobile parks in front of The Seabrook House. They have a table set up outside the bookmobile with a display of newer books, historical books, fiction and nonfiction books, DVD’s etc. They make it very easy to choose a book you think you’re interested in. You may also take advantage of calling them before they arrive to order a book and they will have it ready when the bookmobile returns. Check your calendar for the dates and times they will arrive each month.

**Book Report**

Are you reading a book that you think someone else would like? It’s time to let them know all about it with a simple Book review about that book.

The Opium Prince. By Jasmine Aimaq

Review by Carolyn Foster

Not the usual book I would read but, it was on the Best Sellers list and it took place in Afghanistan, a country I really know nothing about. It starts out in 1978. A great deal of the book is about the Russian invasion of Afghanistan in the 1980’s and is a thriller with lots of suspense, crime and especially about the opium trade. It’s an exciting read, hard to put down. I would recommend it to anyone that’s like me and wants to try and understand what has happened and what is happening around the world. I gained some understanding about other countries and their culture. It’s well worth reading.

This book is not in our Seabrook library. If you’re interested, you can try the bookmobile.

**Dining Room News**

The Dining Room will open again on Tuesdays & Thursdays for the month of March. We will take reservations at staggered times so, that we can give better service. We will not reserve tables more than 24 hours in advance.

Your hands need to be sanitized at the door

Masks need to be worn properly- (cover your nose & mouth).

Once seated at your table, masks may be removed

The host will announce when it’s your table’s turn to go to the buffet. (replace your mask)

Again, sanitize your hands.

Our Chefs will plate your selection. You will pick up your plate at the end of the buffet.

We want to give everyone the opportunity to enjoy the dining room. If you call for a reservation and have dined in the dining room previously, we will keep your name on a wait list and we will call you if a table is available.
Eating right and staying fit are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health. Our resting metabolic rate declines, and we require fewer calories. Without practicing portion control and avoiding “empty” calories - foods with high sugar, fat, or oil content - a person can gain weight more readily.

Nutritional needs change in our senior years. Older adults need more calcium and vitamin D to help maintain bone health. To meet these needs, select calcium-rich foods and beverages and aim for three servings per day of low-fat or fat-free dairy products. You'll hit your calcium quota with a couple of slices of cheese (300 mg), an afternoon yogurt snack (200 mg in a 6-ounce cup) and a scoop of low-fat cottage cheese (125 mg). Stick to food sources over supplements if possible.

Other sources of calcium include fortified cereals and fruit juices, dark green leafy vegetables, and canned fish with soft bones. Good sources of vitamin D include fatty fish, such as salmon, eggs, and fortified foods and beverages. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Some older adults may not be able to absorb enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are good sources of vitamin B12. If you are low in energy, ask your doctor if you need a vitamin B12 supplement.

Eat fiber-rich foods to stay regular. Dietary fiber lowers your risk for heart disease and reduces your risk for Type 2 diabetes. Eat whole-grain breads and cereals, beans and peas - along with fruits and vegetables which also provide dietary fiber. National consumption surveys indicate that only about 5 percent of people consume their daily fiber quota; yet doing so can reduce the risk of developing type 2 diabetes by as much as 20 to 30 percent, according to a study published in the Journal of Nutrition.

Consuming adequate potassium, along with limiting sodium (salt) intake, may lower your risk of high blood pressure. Fruits, vegetables, beans and low-fat or fat-free dairy products are good sources of potassium. Select and prepare foods with little or no added salt; instead, add flavor with herbs and spices.

Most of the fats you eat should be polyunsaturated and monounsaturated fats, which are primarily found in nuts, seeds, avocados, vegetable oils, and fish. Choose foods that are low in saturated fat to help reduce your risk of heart disease.

Thirst becomes harder to sense as we age. Water is crucial to joint, muscle, and organ health, and it also helps regulate body temperature. Dehydration causes a wide range of problems for seniors, from mild to severe, and is a common cause of hospitalization. In addition to a nutrient-dense diet, exercise is important to maintain weight and adequate muscle mass. Muscle loss can be hard to notice. So, though your biceps might stay the same size, the quality of the muscle can wither without strength training. Resistance training or weightlifting is the main way to stay strong.

Chronic inflammation, causing pain and joint stiffness, can cause arthritis, heart disease, and depression. Hal Blatman, M.D., a pain specialist in Cincinnati, advises that the best way to tackle the problem is to eliminate sugar from your diet. "Any time you raise the insulin level in your body" - a natural response to sugar and starchy foods - “you’re going to see an increase in body-wide inflammation.” To further stifle inflammation, he recommends cutting out refined flour and hydrogenated fats. “If you eliminate all inflammatory foods, half your pain will go away in two to 12 weeks.”
Dear Lifelong Learners:

We have missed you! But it’s time to begin putting the pandemic behind us and launch into a more normal schedule of classes. To that end, we have assembled six interesting and informative classes to be presented out-of-doors where the risk of Covid virus transmission is low. Also, we are strictly limiting class sizes to encourage social distancing. Masks, of course, will be required. These courses will be presented for three weeks from March 22 to April 7. Because this is a much-abbreviated schedule from our usual winter/spring offerings and limited class sizes, **we are not charging for membership or class fees. Take as many courses as you wish. However, please sign up for only those classes you are sure you can attend as all will have a limited enrollment.** This is only a start. We are hopeful we can return in the fall with a full schedule of courses once restrictions in our retirement centers and other venues are eased and most of us have been vaccinated. Welcome back! We are looking forward to seeing you. Be well!

Kristen Sakati
President
A Thank you note……

I would like to thank everyone for their kind expression of sympathy at the passing of my husband Russ. It’s a great comfort to live at The Seabrook with so many wonderful neighbors, My heartfelt thanks.

Karla Collins

Edythe Renick our Mahjong Coordinator will be leaving The Seabrook. We are so sorry to see you go. You truly will be missed.

Starting in March we will need to fill her spot. If you are interested in playing Mahjong and/or becoming the Coordinator, please sign up at the Front Desk.

Sue Sauer 3/01
Chuck Sieber 3/01
Irene Hawkins 3/08
Nancy Burnett 3/09
Mary Moser 3/11
Randy Tardy 3/13
Tim Thomas 3/14
Donald Bell 3/16
Bill Kling 3/16
Cindy Shelton 3/16
Barbara Kling 3/20
Helen Soutter 3/21
Marlene McLaughlin 3/22
Sharon Beck 3/23
Margaret Gunn 3/23
Susan Ricker 3/27
Carolyn Farris 3/30

Happy St. Patrick’s Day

Wearing of the green is good but, Sharing of the “Green” is better.

Please consider a gift to The Seabrook Foundation Fund

Informational brochures are available at the main desk.

Many Thanks.

May your troubles be less and your blessings be more And nothing but happiness come through your door