



A NOTE FROM OUR FRIENDS at THE FRIENDS OF CAROLINE HOSPICE

*With thanks to Lindsay Roberg BSN,
MBA, CHPN, RN Executive Director
Friends of Caroline*

Hospice...Palliative... what do those words even mean?

When I was offered to write something for Habersham News, I was thrilled. I thought it would be nice to start with the basics, or maybe not so basic after all. Most people have no idea what hospice and palliative mean. I'm going to break it down for you.

Hospice-comes for the word "hospitality." The use is dated back to medieval times. "Come stay at my house and I'll take care of you" philosophy for ill-travelers. Hospice care officially originated in Europe. Now, hospice care has spread and can be anywhere a patient calls home. What does the word mean now? It means that you or a loved one are no longer seeking active treated to cure and treatment is for the things we can control. I get calls every day with specific questions about what a patient can do and what can they not do. The bottom line is that if treatments were given, will this disease go away? Can I receive

breathing treatments? Yes. Can I receive radiation? Yes. Can I go to the eye doctor or dentist? Yes, and yes! Hospice is free and everyone who meets eligibility can receive care, insured, uninsured, young and mature. Does your doctor have to recommend hospice? No, they don't. Matter of fact, most doctors are afraid of the word hospice like many of us. It is taboo. "If I say hospice then it may make someone die sooner."



WRONG. Hospice patients live longer. WHY? Because we are treating things we can help with and there is support like when doctors made house calls. Hospice is a great thing.

What does hospice include? A complete medical team to include Medical Director/ MD, Nurses, Certified Nursing Assistants, Patient and Family Support, Medical Social Worker and lots of other services, pet therapy, aromatherapy, volunteers, etc. Medications,

Supplies (briefs, underpads, etc) and Medical Equipment (beds, etc) are all included and all FREE.

Palliative-(pronounced pal-lee-uh-tiv)- is another word with some medieval flare. It comes from "palliare" meaning "to cloak." What does it mean now? Palliative Care helps reduce symptoms and stress while improving quality of life. The team works with your doctor while you are seeking curative treatment. What the point? What happens if you have pain at 2 am? You call the palliative care team for support at 2 am. They can come to your home or wherever you are to help manage the symptoms. This is added support so you can sleep easy and use the energy you have for the things you want to do. I doubt sitting in the Emergency Room is on that list.

What does palliative care include? A medical director, nurse, patient and family support, and medical social worker. Care is provided in conjunction with your doctor. Who can use Hospice or Palliative Care? Anyone suffering with symptoms and stress from illnesses such as:

- COPD (Chronic Obstructive Pulmonary Disease)

- Heart failure
- Alzheimer's
- Kidney Disease
- Cancer
- Amyotrophic Lateral Sclerosis (ALS)
- AIDS
- And tons of others

Our goals at Friends of Caroline is to be sure that our community has the support that it needs. Often, care is overlooked because of the stigmas associated with hospice and palliative care or the unknown. We want to help our community overcome those barriers. After all, we will all need care at some point during this journey, isn't it nice to know its available?

If you have any questions or would like more information, please do not hesitate to email or call. We are here! (843) 525-6257 or info@fochospice.org.

We May Not Save The Planet...

With thanks to Diane Voge who is a member of the Keep Beaufort County Beautiful Board.

So, we'll blame Hargray for only 6 volunteers showing up for Adopt A Highway litter patrol on May 8. My email has been doing very strange things—disappearing completely for several minutes, then reappearing; receiving but not sending; working with my Hargray account, then rejecting

it and making me send with my icloud account; then rejecting both. None of my three emails to the volunteer regulars made it to them.

I posted a plea for volunteers on NextDoor, but people forget, or they aren't on NextDoor. We can no longer tape flyers to the Post Office Door (understandable, it was beginning to look like a dorm room wall). The men in families tend to pick up the mail. Men do not, repeat, do not read the bulletin board in the post office.

I've tried scheduling our four tours a year down Needles and Joe Frazier for specific dates well in advance; however, weather and three-foot weeds tend to get in the way. I am going to try that again for the rest of this year, but first, why should you take a couple of hours out of a Saturday morning to pick up other people's trash?

(1) The people who threw it out sure aren't going to pick it up. The County has a total of three employees designated to do it, and they concentrate on large unauthorized dumpsites.

(2) You're helping the environment. A lot of that stuff ends up in our waterways.

(3) It's ugly. None of us likes to look at litter driving home.

(4) It's healthy. Waiting for team

members to arrive, I watch a lot of neighbors walk, run, and bike by. Many of you could warm up and get some aerobic exercise walking your half-mile route.

(5) You feel a real sense of accomplishment when it's done (until you see the first can thrown on your section, anyway).

(6) You get to wear that lovely orange vest, and if you become a regular you can even take it and a grabber home with you.

(7) You might find a treasure. We have discovered golf clubs, bicycles, possum skulls, an unopened beer can, lingerie (hmm) and 1000 Columbian pesos. Don't get excited. The pesos are worth about 26 cents. Oh, and a one dollar bill. One thing we don't find any longer is broken CDs. I guess lovers



breaking up have found another symbol to discard.

When I moved here 19 years ago, about 12-15 people helped with the trash pick up. We had about 25 houses in Habersham. Now, with something like 600 houses, I'm lucky to get

12 volunteers. I've heard the explanations. "I work all week and Saturday is my only day to sleep in. It's my one day to do what I want. I have to take the kid(s) to soccer/baseball/music practice. It's my day to work in the yard/house. I thought that was for retired people. I really want to do that some day."



If Saturday is your Sabbath and you observe the no work rule, I get it. If you aren't physically able, I get it. I can't walk on uneven areas or get into ditches any longer either. If you're already an active volunteer on other projects, bless you. If your spouse is deployed and you have small children, bless the entire household.

All I'm asking the rest of you for is 8 hours a year. Four days. Even two days. One day, give me one committed day each year.

If the proportion of adults volunteered as did when we first started and only worked one day out of the four, we

would have about 25 people on the road each time and could easily pick up trash at least to the other end of Cherokee Farms Road. What a difference you could make. Please, think about it.

Our scheduled pickups for the remainder of the year are:

Saturday, September 11, shotgun start 8-9 a.m. (That means you can go as soon as you have equipment, a team partner, and an assigned area.)

Saturday, **December 4**, same deal. Weather delays will be the following week.

We may not save the planet, but we can make our little neck of the woods look better.

NIGHTMARE

It's pretty clear where the first part of the word "nightmare" comes from. But what about the "mare" part?

While the equestrians among you will wonder if it has anything to do with horses, this is misleading.

A "mare" actually refers to a female goblin that sits on you, suffocates you while you sleep, entangles her hair around you in a "marelock", and tries to induce bad thoughts... Pretty nightmarish, no?

ON THE EDGE: OUR MARITIME FORESTS

New works by Laura W. Adams at Mystic Osprey Gallery to benefit Port Royal Sound Foundation

Renowned Atlanta Collage Artist, Laura W. Adams, teamed with Mystic Osprey Gallery in Beaufort to create awareness about our country's diminishing Maritime Forests, and to raise money for Port Royal Sound Foundation. 15% of proceeds from the show's art sales will be donated to the foundation.

Adams has fifteen original works in the show that range in size from 12 x 12" to 48 x 72" and feature animals found in the maritime forest such as Woodpeckers, Kingfishers, Bobcats, migratory neotropical songbirds, raccoon and deer. Plants and trees of the maritime forest will be highlighted such as Spartina Grasses, Scrub Pine, Live Oak, Palmetto, Holly and Wax Myrtle.

"When Laura said she wanted to focus her artistic spotlight on the diminishing maritime forest, I knew she'd agree that The Port Royal Sound Foundation was the perfect partner. They are the leader in protecting the maritime forest and our estuaries in this region. Laura Adams and Mystic Osprey have the same

mission - Laura creates works, and Osprey sells works that are beautiful, but also have purpose. It was really fun and rewarding to team with our Habersham neighbor, Jody Hayward, Director of Port Royal Sound Foundation



Yellow-Throated Warbler in Sweetgum Tree
10" x 20"

and create a meaningful and educational exhibit," said Robert Howell, Owner of Mystic Osprey Gallery. "We are excited our sales will contribute to the important educational work that PRSF is doing. We're proud to bring more awareness to not only

the beauty of the maritime forest, but also of the need to enhance its protections," Howell continued.

Adams' collages include found items from nature, textured papers, painted papers and exotic patterned papers from many different countries of origin that have been cut up, layered, and adhered with acrylic medium. Often, ten or more layers of material are used to create a single work. The result is a "painting" with a distinct, three-dimensional effect. "I strive to create artwork that is aesthetically beautiful and speaks to maintaining, even increasing, the beauty of the natural environment around us. Protecting the birds, animals and their habitats enhances our quality of life and makes us better stewards of the earth. I hope my art brings better awareness of the beauty of the natural world and inspires us to conserve it," Adams shared.

Maritime forests are increasingly rare coastal ecosystems that support a diversity of plants and animals. Hardy species of trees and bushes withstand high winds, periodic salt water flooding, and salt spray. Mammals and reptiles make the forests their home, and thousands of birds migrate through these forests each year.

When these forests thrive, the

surrounding ecosystems thrive as well. Root systems prevent topsoil from washing away during storms and help purify and contain groundwater. Tree canopies slow wind and provide a resting place for migrating and breeding bird populations. Larger, robust trees shield smaller trees, creating a more diverse environment. However, these forests are increasingly threatened by human related activity. Climate change has caused sea level rise. When the ocean expands, the salt marsh, the maritime forest, and the creatures that rely on these habitats, decrease.

Maritime forests are also increasingly threatened by fresh water intrusion. Roads and buildings and sewer systems cause an influx of fresh water into brackish water systems around the forests, and upsets the salinity balance. The fish and birds and animals relying on the brackish water estuaries suffer declines in their habitat and food supply.

Chris Kehrer, Naturalist and Education Coordinator at Port Royal Sound Foundation



Ruby Throated Hummingbird with Carolina Jessamine 10" x 20"

described the many ways each of us can help. "Helping coastal ecosystems can come in a variety of forms. You can join a beach sweep, volunteer with a turtle protection program, visit a state park, donate to organizations with missions that help educate and protect natural resources and you can contact local and state officials to object large scale developments on coastal islands."

The protection of more of these amazingly beautiful areas is key to ensuring their survival. The more protected areas we have, the more species we will see thriving along the coastline. Not only does protection help the wildlife, but it ensures the enrichment of human lives now and in the future.

"The Port Royal Sound Foundation's mission is to preserve the Port Royal Sound for the environmental, cultural, and economic well-being of our area. We have hosted thousands of locals and visitors alike both at our Maritime Center and virtually, educating and informing people of all ages of the important role the health of the Sound plays in our community. We're excited that Laura and Mystic Osprey Gallery's environment-first artistic endeavor supports our mission," said Julia Luzon, Director of Development, Port Royal Sound Foundation. One of Laura's works is called "Kingfishers on the Edge of the Maritime Forest" and looks exactly like the view toward Corn Island from the land bridge on the way to River Pavilion. It's magnificent and measures 36 x 60" and I really hope it finds its forever home here in Habersham, said Howell.

Mystic Osprey Gallery is open Tuesday through Saturday, 12PM - 6PM and by Private Appointment, 843-475-6781.



CALENDAR *of* LOCAL EVENTS



BEAUFORT WATER FESTIVAL July 16-25

The Annual Beaufort Water Festival...10 incredible days of Lowcountry fun & memories that last a lifetime.

More info: <https://bit.ly/beaufortwaterfestival>



DECORATION DAY - AN OLD FASHIONED MEMORIAL DAY CELEBRATION

MAY 15
Two Performances, 3pm & 6pm
USCB Center for the Arts
805 Carteret Street
Beaufort

Gullah Kinfolk Traveling Theater will be presenting "Decorations Day, an Old Fashion Memorial Day Celebration" on Saturday, May 15, with two show performances, 3 PM and 6 PM, at the University of South Carolina at Beaufort's Center for the Arts. Both shows will be taped for the upcoming release of the "Decorations Day: The Movie."

More info: <http://bit.ly/decorationday2021>



PGA PALMETTO CHAMPIONSHIP JUNE 10-13 Congaree Golf Club in Ridgeland

Officials for the 2021 Palmetto Championship at Congaree announced today that World No. 1 and South Carolina native Dustin Johnson has committed to the tournament, which will be contested at the heralded Congaree Golf Club in Ridgeland, South Carolina, June 10-13.

Johnson, a 24-time PGA TOUR winner and the reigning FedExCup champion, grew up in Irmo and played at Dutch Fork High School before competing collegiately at Coastal Carolina University. Since turning professional in 2008, the 36-year-old has won at least one PGA TOUR event in 14 consecutive seasons - including six World Golf Championships events.

More info: <http://bit.ly/palmettopga>

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THE *Gourmet* NEXT DOOR

Warm weather is coming and we're party planning. We'll soon be able to take advantage of a breezy Lady's Island evening to invite a few of our friends over for a grilled salad supper out on the deck. The Blooming Pizza Bread is a great appetizer. I suggest serving it with a sharp bread knife, so that your guests can enjoy the bottom of the bread. That's where all of the flavor from the butter and herbs ends up. The Southwestern Grilled Chicken Salad is quick and easy. Serve it with bottled ranch dressing and/or taco sauce. Grill the corn on the cob while you grill the chicken and then trim it from the cobs for the salad. Canned or frozen corn kernels will work just as well. The Grilled Steak Salad takes a bit of time to prepare, but only because of the marinade. It's worth it. Your London Broil will be juicy and tender. I hope you'll have an opportunity to entertain soon. Even during a pandemic, life goes on. *Happy Grilling!*

P.S. I have a new cooking show on YouTube. For more great recipes and demonstrations, visit [Debbi Covington: My Fabulous Cooking Show](#) on your YouTube channel. And, be sure to subscribe.



BLOOMING PIZZA BREAD

- 1 unsliced loaf of Italian bread
- ½ pound mild Italian sausage
- 25 slices of pepperoni
- 2 cups shredded mozzarella cheese
- ½ teaspoon dried oregano
- ¼ teaspoon crushed red pepper flakes
- 1 tablespoon parmesan cheese
- ½ cup butter, melted
- 1 (.60-ounce) package Italian salad dressing mix
- Pizza sauce, for dipping

Brown sausage in a medium skillet. Drain well and crumble; set aside. Prepare a baking pan by lining it with aluminum foil. Preheat oven to 350 degrees. Carefully slice bread in long slices, taking care not to go all the way through. Turn the bread 90 degrees and cut the slices in the opposite direction, again leaving the bottom connected. (Day old bread is easier to cut.) Tuck the sausage, pepperoni and mozzarella cheese into the cuts in the bread, pack it in as much as possible. Sprinkle oregano, crushed red pepper flakes and parmesan cheese over the top of the bread. In a small bowl, combine the melted butter the Italian dressing mix. Pour butter mixture over the top of the bread. Cover the bread with another piece of foil, molding it down and around the bread. Bake for 20 to 30 minutes. Uncover and continue baking until the cheese is melted and the top is golden brown. Serve warm with pizza sauce.

THE *Gourmet* NEXT DOOR cont'

SOUTH WESTERN GRILLED CHICKEN SALAD

For the chicken:

8 to 10 chicken breast cutlets
 Vegetable oil or olive oil
 Salt and pepper
 1 cup mayonnaise
 2 chipotles in adobo sauce
 1 tablespoon adobo sauce
 1 tablespoon fresh lime juice

Brush both sides of chicken cutlets with vegetable oil. Season with salt and pepper. Place mayonnaise, chipotles, adobo sauce and lime in a food processor and puree; set aside. To cook chicken, preheat grill to high heat. Once the grill is hot, turn it down to medium. Place the chicken on grill and cook until it begins to turn opaque, turning often to prevent sticking. As the chicken cooks, baste on each side with the chipotle mayonnaise. Cook until chicken is completely opaque all the way through, but still juicy. Remove to a platter and let chicken rest for 5 minutes. Cut into bite-sized pieces.

For the salad:

Mixed salad greens or green-leaf lettuce, torn
 Sliced pickled jalapenos
 Sliced black olives
 Grape tomatoes, sliced
 Fresh or canned corn (grilled or cooked to taste)
 Canned black beans, rinsed and drained
 Green onion, chopped
 Sharp cheddar cheese shredded
 Tortilla chips
 Salsa
 Guacamole
 Sour cream
 Limes, quartered
 Ranch dressing
 Taco sauce

Place salad greens on a large platter or in a large bowl. Top with grilled chicken pieces, jalapenos, black olives, tomatoes, corn, black beans, green onion and cheddar cheese. Serve with tortilla chips, salsa, guacamole, sour cream and fresh limes. Dress salad with ranch dressing or taco sauce before serving.

40 minutes, until center is set. Serve with salsa and sour cream.



THE *Gourmet* NEXT DOOR cont'

GRILLED STEAK SALAD WITH BALSAMIC VINAIGRETTE

For the steak:

2-3 pound London broil or flank steak
2 tablespoons balsamic vinegar
2 tablespoons fresh lemon juice
1 tablespoon Dijon mustard
1 tablespoon Worcestershire sauce
1 teaspoon finely minced fresh garlic
½ teaspoon dried oregano
½ teaspoon dried basil
½ teaspoon dried thyme
½ teaspoon smoked paprika
¼ cup olive oil

Combine balsamic vinegar, lemon juice, mustard, Worcestershire sauce, garlic, and spices. Whisk in olive oil. Place meat in a gallon-sized zip-lock bag. Pour marinade over meat. Marinate in the refrigerator for 12 to 48 hours. (The longer the meat marinates, the more tender it will be.) To cook, remove the meat from the marinade and let it come to room temperature. Preheat grill to high heat. Turn the grill down to medium high or let coals cool down before you put the meat on. Turn the meat about every 6 minutes. Cook to 130F. (Cooking time will depend on how hot the grill is and the size of your meat. The meat will continue to cook as it rests so it's best to remove from the grill when it's a bit underdone.) When the meat reaches 130F, remove from the grill and let rest for 10-15 minutes. Cut meat into thin slices across the grain.

For the vinaigrette:

¼ cup balsamic vinegar
2 tablespoons honey
1 tablespoon Dijon mustard
1 large clove garlic, minced
¾ cup extra-virgin olive oil
½ teaspoon salt
½ teaspoon black pepper

Place all ingredients in a small bowl. Whisk to combine. Set aside until ready to serve.

For the salad:

Romaine lettuce, torn
1 bunch asparagus, steamed and cut into bite-sized pieces
1 small red onion, diced
Boiled eggs, cut into quarters
1 English cucumber, halved and sliced
Blue cheese, crumbled
Grape tomatoes, halved
Pecans halves

Place the lettuce on a large serving platter or in a large bowl. Top with sliced steak, asparagus, red onion, boiled eggs, cucumber, blue cheese, grape tomato halves and pecans. Toss with balsamic vinaigrette before serving.

MARKETPLACE *Minute*



The team from Corks on the Vine, who celebrated their 1 year anniversary this past weekend, are excited to announce the opening of their new restaurant, Bistro Ten.



Melanie, Liz & Velma have been enjoying sharing their wines, cheeses, charcuterie boards and more with all of us here in Habersham (& greater Beaufort) and are looking forward to everything this 2nd year in the marketplace brings...including the launch of a new restaurant venture next door at 10B Market #1.

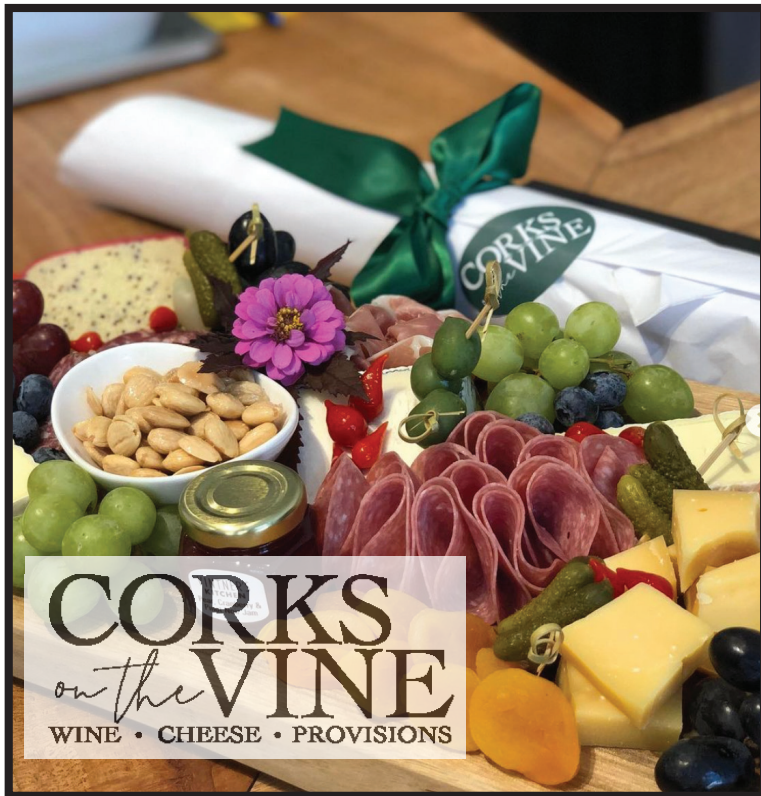
Bistro Ten, opening June 1, will feature a new collaboration for the Corks team with local chef extraordinaire, Camille Baldwin.

Camille has quite the following in the greater Beaufort area for her amazing catering and is very excited to bring her creative cuisine to the Habersham community in Bistro Ten.

Bistro Ten will feature inspired, seasonal foods with a unique flare.

Bistro Ten will be serving lunch 6 days a week and will be open in the evenings for cooking classes, wine tastings, cheese tastings and special events and Corks on the Vine will carry a select menu of to-go items from Bistro Ten for your culinary cravings. Welcome to the Marketplace Bistro Ten!





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An advertisement for the Atlantic Intracoastal Waterway Association (AIWA). The background is a map of the waterway in red and yellow. In the center is the AIWA logo, a blue circle with a star and the text 'ATLANTIC INTRACOASTAL WATERWAY ASSOCIATION' and 'AIWA'. Below the logo is a scroll with a ship's wheel and the text: 'We advocate for funding to maintain the Atlantic Intracoastal Waterway keeping our local Beaufort waters safe and navigable for marine transportation and recreational boaters like you!'. At the bottom, it says 'Atlantic Intracoastal Waterway Association 5A Market • Beaufort, SC 29906 atlanticintracoastal.org'.



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Clockwise: Peggy Wilson, Ruth Anderson
Stacey Nunnery, Elizabeth Klosterman

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