

GOOD Life News

at Terracina Grand

FEBRUARY 2014

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Executive Director's Note



*"Dance like nobody
is watching..."*

"Sing like no one is listening, love like you've never been hurt, dance like nobody is watching, and live like it's heaven on earth." — Mark Twain

Hello, everyone!

Please take many moments this month to enjoy everything that is around you. There are plenty of delightful residents with whom to relate, Terracina Grand's beautiful

landscape is lovely to behold, and many events to attend are sure to help you make merry and laugh. So, please, take Mr. Twain's advice and "live like it's heaven on earth."

A big welcome to all new residents who have come to live at Terracina Grand. If you ever have any questions, please do not hesitate to find me. I am confident that the TG staff can make sure your transition into life at Terracina Grand is an easy one.

Have a fantastic February and remember, my door is always open.

— Peter

Resident Spotlight: Terracina Grand II

The trees are gone. The ground looks bare. But there are new beginnings.

Terracina Grand II may not look like much now, but it is there (at least as an idea), trying to be built, ready to become a new free-standing memory care unit that will eventually serve current and future residents. It is an exciting adventure, and residents are invited to watch the building rise. Make viewing it a part of your morning stroll. Be a part of the process. Watch the creation as it happens, brick by brick.



The trees are gone.



The ground looks bare.



But Terracina Grand II is being built.



Our Talk. Our Walk. Every Day!

Platinum Service® Standard #20

"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador implies the ability to demonstrate the values of the organization in our daily actions. It also means that we care for the organization and we support its aspirations and goals. As company representatives serving our residents, we are proud of what our communities stand for, and we are comfortable in promoting our company's services with confidence and enthusiasm. In other words, what we do, and the way we do it, is the result of a direct personal connection with our team and our confidence in our community. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection with our profession.

"Integrity is what we do, what we say, and what we say we do."

— Don Galer

To Keep Your Heart Healthy, Keep It Filled With Love

You probably get your blood pressure checked every week in the Galleria. You eat your fruits and vegetables, do your exercises regularly and maintain a healthy weight, all to promote a healthy heart. However, did you know that there is a vital part of a heart-healthy lifestyle that often gets overlooked? That important piece is love.

Believe it or not, your heart, the same organ that pumps blood through your body, is also an organ of emotion. It actually does respond to anger, hostility, anxiety and depression. These types of negative emotions cause a cascade of physiological reactions that contribute to heart disease. When you experience these stressful emotions for a prolonged period, your body responds with:

- Increased heart rate
- Increased blood pressure
- Increased damage to the cells lining your blood vessels
- Increased platelet stickiness or clotting
- Increased inflammation
- Increased stiffening of the blood vessels
- Disruptions of the heart's electrical rhythm



For heart health, eat well, maintain a good weight, exercise...and love.

Over time, these processes contribute to weakened blood vessel walls and to heart rhythm abnormalities. This, unfortunately, greatly increases the risk of heart attack and stroke. So, now that you know this about your heart, what should you do?

- Do not smoke or use tobacco.
- Get 30 minutes of exercise per day.
- Eat balanced, healthy meals.
- Maintain a healthy weight.
- Get your blood pressure checked regularly.
- Love, love, love!

Something New in the Evening



On some warm, clear winter night, residents hope to do some stargazing.

Arabella's Garden and Arabella's Place have something new going on every Monday and Wednesday evening. Whether it is arranging fresh flowers after dinner, gazing at the stars

on a warm winter night, taking an enjoyable walk in the garden or simply getting a wonderful hand massage before getting into bed, residents in AG and AP should plan to have the wonderful company of Life Enrichment Assistant Cheryl Gregson for at least a couple of evenings a week, in order to make those evenings more enjoyable and relaxing. Friends and family members are welcome to join her in bringing a restful end to a long day.

New Office for Terracina Grand Marketers



Artist Fran Clanton begins the Terracina Grand II mural in the new marketing office.

Long before the new Terracina Grand II is completely built, the marketing team begins working to fill it; so, the Marketing Department has gotten a new office in which to present the structure to others. The old office on the first floor of Terracina Grand was torn apart, and a brand-new setting has been created in its place so that Craig and his team are inspired to present Terracina Grand II. Please come down and see the new site. It is a really lovely place in which to show off the future of our community.

Terracina Grand Experiences New Exercise Routine: Chair Yoga

Residents absolutely enjoy the exercise classes afforded them at Terracina Grand. Whether it is on the floor, in a chair, with a pedal or in the pool, they are always seeking ways to move and grow strong.

Recently, the Life Enrichment Department introduced a different sort of exercise, which is being used by many. Every Wednesday and Saturday morning, the Forum is filled with residents who are ready to engage in a series of movements meant to bring balance and awareness to the physical, emotional and mental self. Chair yoga is what they come to do, and it brings to them a sense of wellness and happiness, as well as gentle exercise. After they move, stretch and breathe deeply for 30 minutes, the group is invited to take part in an optional 10-minute meditation, meant to enhance further an inner stillness, peace and harmony.

"I am finding that I really enjoy this, more than I ever thought I would. I am really learning new things and a different way of taking care of myself," said a resident at a recent chair yoga exercise session. "It makes me feel great!"

The chair yoga exercise class is open to all residents, and a doctor's approval is not needed in order to participate. Please do come and enjoy.



Chair yoga brings a sense of wellness and happiness.

Tutti a Tavola: The Culinary Corner

The Terracina Grand culinary staff looks forward to this month of the year. It is the time when a lot of love can go into their cooking; and love makes everything taste special and delicious! Residents will be especially pleased on Feb. 14, when Chef Joseph and the staff plan to honor Valentine's Day with an extravaganza beyond compare. Make sure that you dress up for the occasion. Also, be ready to express your pleasure to the Chef for a meal most romantic and luscious.

To better serve you during the entire month of February, the staff would like to remind you to be in the dining room on time! Dining room hours are as follows.

Breakfast: 7-9 a.m.

Lunch: 11 a.m.-1 p.m.

Dinner: 4:30-6:30 p.m.

Be on time to dine. It is the best way to enjoy the tasty dishes that only the Terracina Grand kitchen can create.



A special Valentine's Day dinner is coming your way on Feb. 14.

**"Love unlocks doors and opens windows that weren't even there before."
— Mignon McLaughlin**

Resident Birthdays

Ann W., 4th	Frances F., 15th
Clarence G., 5th	Maria M., 16th
Harold "Hap" S., 6th	Claire C., 19th
Elizabeth D., 6th	Doris S., 20th
Doris W., 6th	Thomas R., 20th
Ray S., 10th	Marion W., 22nd
Bill M., 11th	Elizabeth B., 26th
Rosalie M., 13th	Virginia A., 29th
Mildred C., 15th	

Terracina Grand

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Staff

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Peter Hendrickson

Director of Nursing

Candace Stevens

Sales and Marketing Director

Craig Castillo

Life Enrichment Director

Janet Thomas-Kobes

Business Office Director

Raffaele Rotondo

Dietary Director

Joseph Rotondo

Housekeeping Director

Delfina Ortiz

Maintenance Director

Mike Maynor

Memory Care Coordinator

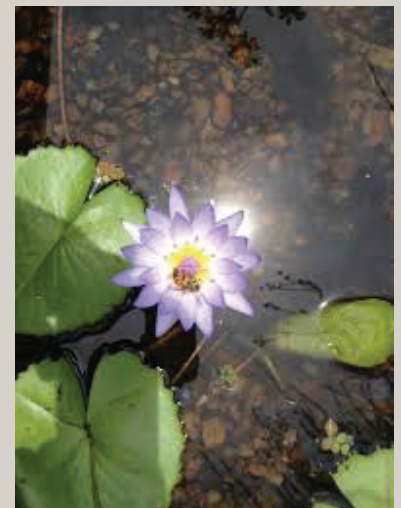
Marthe Lawrence

Campus Marketing Director

Kristen Weidner

Going to the Gardens

The Life Enrichment team is excited to extend an invitation to all residents to join them on a trip to the Naples Botanical Gardens on Saturday, Feb. 22. Even if you have been there before, it is always a place to find beauty, fresh air, the wonder of nature and a really interesting gift shop. Please mark the date on your calendar. For those who need walkers, there are scooters to rent at the facility. There really is no reason why you can't enjoy this special treat, so look forward to it.



See the beautiful Naples Botanical Gardens on Feb. 22.