

GOOD Life News

at Terracina Grand

NOVEMBER 2017

www.terracinagrand.com

Executive Director

Hello Residents, Family Members and Staff,

Effective last Monday, Sept. 25, I assumed the position of Executive Director at Terracina Grand. It has been my pleasure over the past week to meet so many residents, family members and staff.

This is truly a lovely community of people and I look forward to serving all of you in the years to come. Please be patient with me as I learn the many nuances of the community and names of all here.

There has been a lot for all of us to contend with over the past month with the hurricane and aftermath. Please know that the company and staff are working to make repairs and get things back to normal as quickly as possible.

The timeline of events prior to the storm and following were reviewed with me and it was heartwarming to hear of the many staff and people who were truly Hurricane Heroes, working to ensure the safety and well-being of everyone here.

Rick Scott, the Governor of Florida, has given the directive that all Skilled Nursing and Assisted Living communities have backup generator power, have the ability to create cool areas in their communities and maintain at the property 96 hours of fuel to supply the generator. Our company has a task force working to ensure we are compliant with the governor's directive. I will keep you updated as to our progress.

Again, thank you for the warm welcome!

— Tracy Hooks, Executive Director



**Our Talk.
Our Walk.
Every Day!**

**FIT Functional
Fitness®**

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.

Arlene's Pick

The Life Enrichment Department is excited to announce that we are showing more movies! With the help of Arlene N. we are able to provide more of a variety of movie genres. If you would like to see a specific movie or if you have a movie you would like to share, please connect with Arlene N. Movie nights are Tuesdays, Thursdays and Sundays (occasionally Fridays and Saturdays) in the Forum. We look forward to hearing from you! Let's go to the movies!

In The Spotlight

This month's Residents of the Month are all those members of the Terracina staff who came to live with us during the recent hurricane named Irma. Your spirit and willingness to share that with us made those scary days less frightful. Your determination to carry water and food to us was amazing to watch. You even came, in many cases, with your kids who brought smiles to our faces as they came with special treats and big hellos that lit our rooms. The way you improvised sleeping arrangements was truly amazing, and you left your room as you found it. The array of sleeping bags and pillows reminded me of my Scoutmaster days when I camped with a Scout Troop of 50 kids. In many cases you stayed with us not knowing how your home was as a result of the storm.

And then there were all those Bingo sessions and games that somehow came to life when things got boring.

The cooking staff was truly amazing in finding so many ways to prepare timely and delicious meals that were fresh and creative. The additional challenge of doing that with limited provisions and power was most difficult.

The maintenance staff was likewise amazing in their determination to create cool air with using the A/C from a borrowed bus along with small room A/Cs in the Forum and Library, using a supplementary generator. I love engineers!

To Kim our Director and to all the Staff Directors, many thanks for lifting our spirits in your tireless efforts in keeping us well and safe. When the lights finally came on after four nights of darkness, the cheers that rang through the hallways rang of pure joy that all is well again, thanks to you.

All of us who are permanent residents wish to thank each and every person on staff at Terracina for all the help you provided in so many caring ways. Hurricanes are not something that one can easily train for ahead of time. Your caring spirit and warm hearts made a difference. May God continue to bless you and your families. You all are special in our hearts.

— Bob M.



Our Little Friends

Twice a month, our little friends from Sea Crest Day School come to visit. They come spreading smiles and good cheer. October 2 and 16 the fifth and sixth grade classes came to Terracina to interview residents for a class assignment.

Questions were asked and giggles were heard as friendships started to develop. Come and join us each month in the Forum. Come and meet and get to know our Sea Crest friends. Hope to see you there!



Fall Festival

Terracina Grand will be having a Fall Festival! We will be celebrating on Nov. 16, 10 a.m.-3 p.m. We will have vendors from all over Naples such as "The PopCorn Comp.", "Kilwins", "Arts & Crafts" and much more. The Fall Festival will take place indoors. Just in time for the holidays! Come and join us!

Hurricane Irma: September 10, 2017

A slight rustle from the Poinciana outside the window
An early warning for Irma on its way
Some final checks for the windows about to be tested by 190 mph winds
The continuous alerts on the radio to shelter
If you were in its predicted path that was heading North
Assurances from the staff that the building was certified as hurricane-safe
For personal safety we were asked to move from our fourth floor to the third
The hallway lined with chairs away from any windows just in case
As the wind roared outside the sound resembled a speeding train
A quiet whisper of the wind eventually came as the eye of the passed around 3 p.m.
The sky now fringed with beautiful clouds of red from a peek at a window.
A new direction of the wind was about to bring a five-foot surge of water.
As the wind subsided we were able to go to our rooms just as the lights went out
The view from our lanai showed widespread devastation in all directions
A huge live oak fallen across the hood of two cars in the parking lot,
Fallen wires from power poles and stop signs bent like sticks flat on the ground, Traffic lights dangerously dangling to control any cars who risked being on the road.
The parking roof remained in place leaving the Jag splattered with dirt but undamaged
Many low-lying areas near the Gulf were now flooded
Sadly, the high winds left most without power for days.
After a sleepless four nights, the lights came on at Terracina
And loud cheers heard throughout with grateful prayers of thanks
The massive cleanup will undoubtedly take many months to recover
The Poinciana has a new look as its battered branches rustled that all is well.

Bob Markes, 9/17/17

Culinary Corner

Tutti A Tavola

The month October has come and gone but not without memories. October started with a bang! Culinary Corner with Pearl Essence has been spectacular with great participation. Oct. 9, Columbus Day, was a wonderful night and was a fabulous menu. We are continuing Food for Life, Food for Medicine and Romancing of the Food. We enjoy what we do at Terracina Grand, and we will continue to create memorable experiences with each and every one of you.

Tuscany Dining Room Hours of Operation:

- Breakfast from 7 to 9 a.m., last seating at 8:30 a.m.
- Lunch from 11 a.m. to 1 p.m., last seating at 12:30 p.m.
- Dinner from 4:30 to 6:30 p.m., last seating at 6 p.m.

Upcoming events:

- Taste of Terracina (Special evening with our new residents), Fall Harvest Dinner, Thanksgiving and Culinary Delights Soups by Jeremy.
- Holiday Party for Pearl Essence will be on Dec. 10, 2017.
- Residents' Holiday Party will be on Dec. 13, 2017. (No reservations required, open seating)

Our Main Ingredients are:

1. Cooking with Love and Passion
2. Serving from the Heart

Chime Choir

Every Monday afternoon, Terracina Grand gets a special visit from our Music Therapist Susan. Susan is a certified Music Therapist who brings such joy. Terracina is proud to announce that we have a chime choir. With Susan's guidance and lead, our chime choir will be making their first performance on Monday, Dec. 11 at 3:30 p.m. in the Forum. This will be a special Christmas performance and you are invited to attend! Bring a friend, and sit back and enjoy the lovely sounds of the holidays.



Resident Birthdays

Jacques D., 1st
George I., 2nd
Abigail M., 3rd
Benoit C., 11th
Ruth C., 11th
Diane V., 13th
Lillian P., 24th
Elsie W., 24th
Marie C., 26th
Viola V., 29th
Frances M., 29th



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Staff

Executive Director

Tracy Hooks

Director of Nursing

Sherri Montalvo

Sales and Marketing Director

Craig Castillo

Life Enrichment Director

Leigh Bullen

Business Office Director

Raffaele Rotondo

Housekeeping Director

Delfina Ortiz

Maintenance Director

Mike Maynor

Memory Care Coordinator

Susan Cook

Culinary Operations

Joseph Rotondo

Hook, Needle and Yarn

Terracina Grand ladies have been involved with this program since 2010. One of our residents was involved in the prayer shawl ministry of St. Peter's Church and she asked our ladies to join her.



Today we have 8-10 ladies meeting every Wednesday to knit/crochet these shawls and have contributed over 940 shawls. Some ladies spend much of their time throughout each week making several shawls. Our yarn is all donated to us by St. Matthew's Thrift Store, for which we are so appreciative. Several shawls are also given to them to be used in their various programs. If you are interested in joining this wonderful group they are always looking for new members. They meet on Wednesdays at 10:30 a.m. on the Third Floor.

Like Us on Facebook

Go to facebook.com/TerracinaGrand to see pictures and catch up on all the fun here at Terracina Grand. This is a great way for family members and friends to stay connected!

