

Terracina Grand

THE GAZZETTA



APRIL 2012

www.terracinagrand.com

EXECUTIVE DIRECTOR'S NOTE

Hello, Everyone! I hope this note finds you well. I'd like to extend a warm welcome to our new residents. Thank you for choosing Terracina Grand!

Some of you may know that April is National Parkinson's Awareness month. There are a number of residents with Parkinson's at Terracina Grand who live and prosper well. Perhaps it's the emphasis given to specific exercise classes geared toward those with movement disorders and a trained staff who are aware of the needs and concerns of those who live with Parkinson's that make our community "Parkinson's friendly." We acknowledge those who live with the illness and who courageously go forward to enjoy each day.

Have a great April! My door is always open.



— Peter

FIT TO BE STRONG

Did you know that one third of seniors who live in a community dwelling like Terracina Grand fall each year? And did you know that two thirds of those who fall will fall again within six months? These are scary statistics. However, there is a wonderful exercise program at Terracina Grand developed to specifically target seniors who are candidates for falling. The program is called Fit to Be Strong, and its exercise routine is meant to increase physical strength in order to reduce the risk of falls. It is also a fun, social and engaging way to interact with others.

Participants of Fit to Be Strong at Terracina Grand have been meeting since last June, when the program was first implemented. Today they are confident that the steady stream of strengthening exercises has given them more agility, more endurance and more assurance that they are steadier on their feet. Residents who are concerned about their risk of falling and who have not yet participated in the strengthening program are encouraged to join Fit to Be Strong. Please speak with Janet in the Life Enrichment office if you would like more information.



Residents in Fit to Be Strong are ready for action.



Chair exercises are a part of the routine.



Participants are feeling fit and strong and ready for anything!

TUTTI A TAVOLA: THE DIETARY CORNER



Congratulate Lazara for being awarded Employee of the Month.

April's dining events include an Easter and a Seder dinner. Residents are encouraged to enjoy both the important symbolism and the wonderful taste of both meals. It certainly is an appropriate time of year to appreciate a sense of family, faith and good friends.

Please remember Terracina Grand's "to-go" service as a great addition to the dining experience.

In order to serve

you better, the "to-go" service is available only during selected times: Breakfast pick-up at 8:30 a.m., lunch pick-up at 12:30 p.m. and pick-up for dinner at 5:30 p.m. Congratulations go to Lazara for receiving the Employee of the Month award for February. Selected by all department heads, she was honored for her ability to exemplify Terracina Grand's Platinum Service Standards. For over seven years now, Lazara has met the dining needs of the residents. The dietary staff continues to ask that you remember to provide 24 hours notice when you invite guests to dine with you. To enjoy your dining experience to the utmost, please adhere to the times of service: Breakfast is from 7-9 a.m. Lunch is from 11 a.m. to 1 p.m. Enjoy your dinner from 4:30-7 p.m. As always, Chef Joseph and Raffaele look forward to any critique of the service you receive.

HEALTHY EATING

Sometimes you just need gentle guidance about how to invite more vibrancy into your body and life. Here are two eating tips meant to assist you into making a difference in the way that you approach the food you use to nourish your body. See if changing your eating habits, just a little bit, can help to make you feel better as you approach each new day.

First, take time to nourish your body with a balanced diet of wholesome, natural foods. Choose from a wide variety of colorful foods as close to the way nature made them as possible. Vary your diet daily and strive for at least 50 percent fresh, raw foods. Living foods increase energy, restore youthful vitality and promote radiant health.

Second, eat only as much as needed and not right after nightfall (two to three hours before sleep). Grazing on small meals more frequently throughout the day (every three to four

hours) stokes metabolism, stabilizes blood sugar and helps reduce cholesterol and unhealthy habits of overeating.

If you have any questions about good dietary habits, please see Diane Hewes, Director of Nursing at Terracina Grand.



Choose foods that are colorful and as close to the way nature made them as possible.

NEW RESIDENTS ARE INVITED

New residents at Terracina Grand are invited to meet and greet other residents in an event held in their honor. Please come to the New Resident Happy Hour on Wednesday, April 4, at 4 p.m. in the Forum.

A NOTE FROM THE MARKETING DEPARTMENT: MONEY MANAGEMENT

If you are someone who is becoming increasingly overwhelmed by handling the day-to-day business of life, perhaps it is time to consider a Daily Money Manager. A DMM can be retained by any resident who needs assistance with daily financial and legal tasks. DMMs often serve as the eyes, ears, hands and feet of a resident, allowing them to maintain control of personal affairs. DMMs offer a range of services, including helping to manage mail, paying bills, assisting with check writing, maintaining bank accounts, tax planning, and medical billing advocacy. To find a DMM in Naples, residents can call Life Bridge Solutions at 239-325-1880. Please see Craig Castillo in the Marketing Department at Terracina Grand if you have questions.

DOTTIE W.: 100 YEARS OF LESSONS LEARNED



Dottie celebrates her 100th birthday on Friday, April 20. Please wish her well.

Resident Dottie W. celebrates 100 years of “lessons learned” on Friday, April 20. As she looks back over her life, Dottie admits that it was her mother who most influenced her. “She taught me that if I truly wanted something in life, I could get it ... by the grace of God.” So nothing has really stopped Dottie. She has taken life as it presented itself to her and graciously learned from it. “We are here (on earth) to learn lessons. And any handicap we encounter in life is really a disguised lesson. Once we tap into the lessons presented and learn from them, we move forward and the lessons don’t repeat themselves.” As Dottie contemplates her 100 years of life lessons, she is amazed at the beautifully woven life “tapestry” her years of learning have created. All the people, all the places, all the practice and all the prayers have worked to bring forth a wonderful journey ... by the grace of God.

Please be sure to wish Dottie a happy birthday.

BIRTHDAYS

Catherine M., 5th

June G., 6th

Mary C., 8th

Jim A., 9th

Audrey S., 10th

Ronald T., 10th

Dottie W., 20th

Jack K., 23rd

Lois M., 27th

John H., 27th

Peggy M., 28th

Adele S., 30th

Terracina Grand

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A COMMUNITY
PROFESSIONALLY MANAGED
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Dining Room Manager
Raffaele Rotondo

IT'S NEW AND IMPROVED IN ARABELLA'S GARDEN AND ARABELLA'S PLACE

April brings thrilling new things to Arabella's Garden and Arabella's Place. AP now boasts a new, contemporary, flat-screen television. There are several new DVDs for viewing that include travel to major world cities, nature and animal programs as well as favorite old-timey television shows. AG and AP are both equipped with new games, new portable disc players and a myriad of new compact discs for listening pleasure. However, the most exciting change to both AG and AP is the addition of Natalie, the new Life Enrichment Assistant. Natalie brings with her the necessary talent, skills and heart to help create an wonderful atmosphere meant to strengthen relationships and a sense of personal well-being. Be sure to welcome Natalie.



*Natalie sets up for
"Run the Horses."*

ARE YOU READY FOR AN EASTER EGG HUNT?

The residents of Arabella's Garden and Arabella's Place are stuffing plastic Easter eggs with candy and hiding them in the courtyard in order to celebrate the annual Easter Egg Hunt. Staff and family members of residents are encouraged to bring children and grandchildren to the event, which takes place at 10 a.m. on Sunday, April 8. Please sign up to go by Wednesday, April 4, at the TG Front Desk.