

GOOD Life News

at Terracina Grand

MARCH 2018

www.terracinagrand.com

Executive Director

Hello Everyone,

A big “thank you” to all of you who have been submitting nominations for our Platinum Service® Employee of the Month. It means so much to the staff being recognized and it assists us in reinforcing the culture of Platinum Service® that we want evidenced here every day. Your satisfaction with



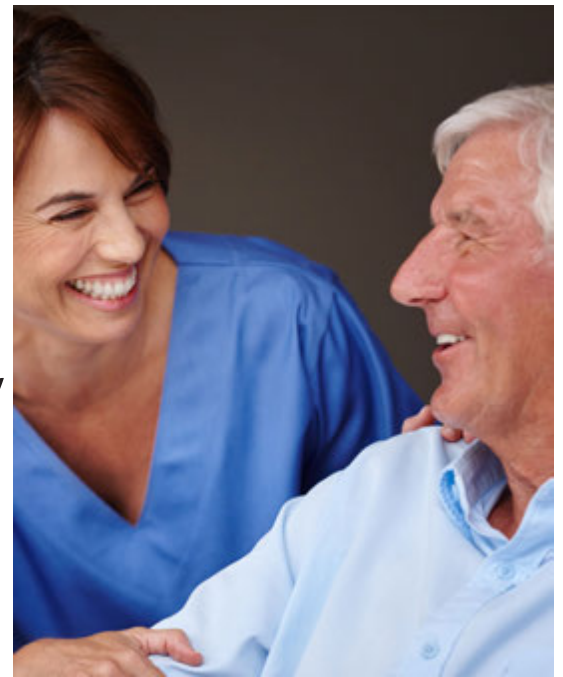
the care and services we provide, along with a community culture you enjoy is our top priority. In March, we are taking nominations for all of our staff. Therefore, you can nominate anyone on the team from any department. All nominations for March are to be in by March 7. Nomination forms are available at the front desk and can be submitted there as well.

I am happy to update you on the progress regarding our second bus and carpet to be installed on the first floor. The second bus is here — we are awaiting the design of the wrap to be applied and then it will go off to be completed. If all goes as expected, we should have the bus back mid-March. It will be wonderful to have two buses on the campus for use between Terracina and The Villa. The carpet for the first floor has been ordered and we anticipate the install to occur at the end of March.

Meditation Class

Relaxing and understanding life in a calm, peaceful state is important for your mind, body and soul. Meditation is a state of thought and prayer. In our fast-paced society, we often find ourselves rushing through our daily routine, rarely stopping to think.

Meditating requires us to put other thoughts aside for a while and focus. The Life Enrichment Department will be offering a Meditation Class once a month. We would love to have you join us on the Fourth Floor on Thursday, March 15 at 2 p.m. Hope to see you there.



**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 means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being “good at our job,” it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

“Integrity is what we do, what we say, and what we say we do.”
—Don Galer

Culinary Corner

Tutti A Tavola

The month February has come and gone, but not without memories. On Feb. 2, we celebrated Groundhog Day with an incredible dinner and our very own groundhog with a theatrical performance by Jeremy and Michelle. On Feb. 4, we helped to host a Super Bowl Party with Life Enrichment; it turned out to be a blast with 32 residents attending cheering on their favorite team. On Feb. 13, we celebrated Fat Tuesday for Mardi Gras and on Feb. 14, we enjoyed a lovely Sweetheart Dinner with baked lobster tail, roasted black Angus medallions and rigatoni Bolognese. 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.

Hours of Operation:

- Breakfast from 1 a.m. to 6 a.m., last seating at 8:30 a.m.
- Lunch from 11 a.m. to 12:30 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:

- St. Patrick's Day so get your green ready!
- Culinary Delights Soups by Jeremy

Our Main Ingredients Are:

- 1) Cooking with Passion and Love
- 2) Serving from the Heart

Resident Spotlight

The Resident of the Month for March is Reatha Walters.

Her parlor chat with me began with two interesting stories that were key parts of her life. She was born in Orlando, Fla. and fondly remembers her formative years at Thomas Jefferson High School. She also was given a Bible by a relative that she still reads from each day. It also was carried to Bible School each week when she was growing up.

Soon after high school, she met Tom McDermott, stationed at nearby Pine Castle Air Base. They fell in love and were soon married. He went on to work for IBM, repairing computers at the air base while she helped to raise a family of three boys. Interestingly, all have names that began with the letter M! Michael, Mathew and Martin. Two grandchildren, Audra and Eric, are also part of her family. Sadly, her husband Tom died suddenly after 25 years of marriage.

A new life began years later when she met Dick Walters, who introduced her to exciting years of travel. Having lived in Orlando during those early years, they challenged each other to drive across the country and visit every state. She proudly told me about the 30+ albums that she made over the years that were all photographed with a small Kodak Brownie camera — an amazing achievement. Hawaii was the most memorable, where she saw the Arizona Memorial.

She has a passion to stay physically fit and related a story from younger days when a 35-mile walk was fun to do. She recently became a resident of Terracina when her husband Dick passed after 20 years of marriage.

Introduce yourself for lunch someday. She and a new friend Dot will share some nice memories. Dottie and I did and came back smiling!

— Bob M., 1/16/18



Soar

Be Happy!

Join Our Sharing and Caring Group as we explore ways to adopt an "Attitude of Gratitude."

Where: Fireside Lounge, Second Floor Game Room

When: Tuesdays at 1 p.m.

Gratitude is a sure way to increase longevity and improve physical and mental health. Additionally, gratitude reduces anxiety, stress, sleep disorders, depression and even lowers blood pressure and boosts immunity.

Join Ria Ruane, our Spiritual Director, in a four-part series that will lead residents to better life satisfaction and enhanced contentment. Together we will share, sing, dance and create gratitude trees, stones and journals. Bring your best smiles and expect to feel better with a grateful and giving heart!

Music Therapy

Music fills the soul. Henry Longfellow once said, "Music is the universal language of mankind." The definition of music is defined as the art of sound in time that expresses ideas and emotions in significant forms through the elements of rhythm, melody, harmony and color. Music allows us to feel and allows us to come alive. The Life Enrichment Department is excited to share our newest program "Music Therapy." We have hired a licensed music therapist to share the many benefits of harmony and sound. We sing, orchestrate and play musical instruments during this powerful hour-long program.

Join us the first and third Monday of each month at 3:30 p.m. in the Forum. Let's make music together. Hope to see you there!



Platinum Service® Employee of the Month

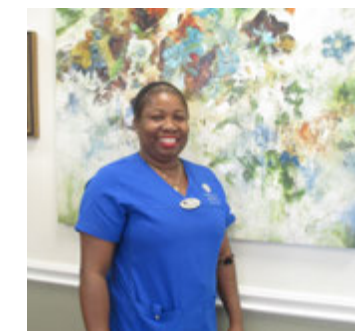
Platinum Service® Employee of the Month

February 2018

We are pleased to announce that Martha Joseph has been selected as the Platinum Service® Employee of the Month for February 2018. The positive comments and nominations were impressive. She is described

by residents and staff as being kind and loving in everything she does. The staff commend Martha as a team player. Her supervisors say that she is a role model for others and that she exemplifies our Platinum Service® Motto, "Putting you at the heart of everything we do." Martha demonstrates that to her residents each and every day.

Martha came to Miami from Haiti 18 years ago. She had worked as an Administrative Assistant at a law office in Haiti, but her sister, who is a nurse, convinced her get her CNA training. Martha and her husband made Naples their home 11 years ago. She has a son named Francois who still calls Haiti home. She was hired at Terracina Grand and has worked here as a CNA since March 2007. She makes a difference in the lives of others every day! Martha thank you for being on our team and an important part of our Terracina family!



Poetry Corner

Fall Morning on Fish Creek

A call from a friend, the season ending,
The time set; the choice made to meet.
A stream is picked, weather still pending,
Rods, reels, some flies readied to meet.

Dawn breaking, another day is about,
The challenge, to try one more time,
To find the secret for attracting a trout,
To sample the fly on the end my line.

A worn path by the road showed the way,
To a slippery slope that led to the stream.
The sound of rushing water, a test for day,
The quiet pool giving peace to the scene.

He waited in the pool of the stream,
A brown coat tinted his glossy skin,
His choices for food were most keen,
For all that he knew, and proven to him.

I saw him earlier, sampling some flies,
Swirling in ripples as they floated by.
Knowing that a day would be nigh,
To come again and test his wary eye.

So began this new day on the creek,
The black Nymph knotted with care
Clear tapered line slid smoothly to seek,
A spot on the pool to surrender his lair.

The fly landed softly, floating on top,
When suddenly it vanished from sight.
A small tug of the line, an echoing flop,
The graceful leap of a tail's shaking flight.

Resident Birthdays

Norma D., 2nd	Josephine S., 19th
Jeanne H., 2nd	Nancy P., 20th
Lowell H., 6th	Joan B., 21st
Herman L., 7th	John I., 22nd
Salvatore D., 8th	Aileen R., 24th
Carolyn F., 8th	Patricia N., 24th
William G., 13th	Marion M., 25th
Mary Ann M., 14th	Mildred O., 26th
Joann S., 14th	Emil P., 28th
	Doris C., 29th



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GRAND

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ALF #10071

MANAGED BY
 The Goodman Group

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Craig Castillo

Life Enrichment Director
Leigh Bullen

Business Office Director
Denise Nelson

Housekeeping Director
Delfina Ortiz

Maintenance Director
Mike Maynor

Memory Care Coordinator
Susan Cook

Culinary Operations
Joseph Rotondo

A New Art Class

There is a new art class in town it's called Art 101. Art 101 is an exciting opportunity for residents to discover their artistic talents. Caren (our P.E.P. Coordinator) is passionate about sharing her ideas which include working with different materials such as clay, beads, yarns and paints. This program is offered every Tuesday, on the third floor at 2 p.m. Art is a great way to release and relax. Come and join us! We look forward to seeing you!



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Visit 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!