

GOOD Life News

at The Residence at Timber Pines

NOVEMBER 2017

www.residenceattimberpines.com

Executive Director, Avi Elias

It is hard to believe, but the holidays are almost upon us! That means that soon, autumn will be here and, with it, cooler weather.

I feel so privileged to be a part of the Residence at Timber Pines family. We have such a talented and caring team of professionals who truly have a calling and a passion for service. Not to dwell on the past, however, this sense of purpose truly showed in the face of an impending crisis — Hurricane Irma. I would like to thank the entire team for coming together to ensure that our residents and their families did not miss a beat. Inside the building, there was no evidence of the potential threat facing us. What a wonderful lead into what turned out to be a very fun National Assisted Living Week!

I hope this holiday season brings only the best of all things to each of you and your families! We have a lot of exciting holiday events coming up. I look forward to celebrating with residents, their families and our team members!

Happy Holidays!



**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.

Prayer and Share

A Weekly Gathering for prayer and sharing will begin on Thursday, Nov. 2, 2 p.m. in the Grand Lounge.

This group is open to residents of all faith traditions. Topics will be relevant to our daily lives. No one will be forced to share. This will be a safe place to draw support and encouragement. Come as you are and give it a try!

There will be music, time for reflecting, sharing of ideas, prayer requests and time to be with God.

If you have any questions please call Michelle Mehan at 352-683-9009 ext. 2205 or email her at michelle.mehan@residenceattimberpines.com.

I wish you all deep peace.

Michelle Mehan



A Classic Cookbook

In the midst of the Great Depression, a 54-year-old St. Louis widow named Irma Rombauer created a recipe for success in both the kitchens and the hearts of Americans. Her cookbook, "The Joy of Cooking: A Compilation of Reliable Recipes With a Casual Culinary Chat," was first published on Nov. 30, 1931.

Rombauer's book was revolutionary. Unlike other cookbooks of the era, hers was written in the style of a friend talking to a friend, full of witty anecdotes and helpful advice. The second edition of "The Joy of Cooking" introduced the action method format for recipes, which integrated the ingredients in the directions rather than listing them separately.

Each edition of the cookbook stayed true to its roots while accommodating changing needs and ingredients. The original Depression-era version showcased the innovations of canned soup and frozen vegetables, as well as a section devoted to using leftovers. The 1943 edition featured recipes using substitutes for rationed foods such as meat and butter. In the 1960s, nutrition was a focus. The 1975 version, with more than 4,500 recipes and 1,000 illustrations, became the premier kitchen reference for beginners and experienced cooks alike, and remained in print for over 20 years.

Since the original printing, more than 18 million copies of "The Joy of Cooking" have been sold. Copies are commonly passed down in families, and new editions remain a popular gift for newlyweds and graduates.



New Residents

Help us welcome your new neighbors!

- Millie W.
- Dotty G.
- Peggy T.
- Eddie M.
- Alfred L.
- Barbara M.
- Christine D.
- Lee and Nancy P.
- Mollie P.
- Pauline L.
- Rosalie A.

Dining Room Spotlight: K-Lee

Florida native (Tarpon Springs, to be exact), K-Lee is one of your dining room supervisors! She began working with us in 2013 in her junior year of high school. After two years of nursing curriculum it led her to radiology, the science dealing with x-rays and other high-radiation technology!

Most of us met her lovable pup, Chance, during Hurricane Irma! He is a precious American bully who loves wearing clothes.

Outside of work and studying for school, K-Lee enjoys shopping and doing makeup.

Give some extra love to K-Lee and her team next time you are in the dining room!



Resident Spotlight

Check out some photos from our first archery group! We had some residents just learning and some old pros! Either way, it was an amazing day to get outside and enjoy the weather!

Archery Benefits:

Upper Body Strength. Drawing a bowstring places stress on the muscles of both arms as well as the chest, shoulders and back.

Balance.

Coordination.

Walking.

Mental Focus.

Join us next time!



Dick J. out on the range



Our New Spiritual Director: Michelle Mehan

Michelle joins our staff as the Spiritual Director, part of the Life Enrichment Team here at The Residence at Timber Pines.

Michelle is a recent graduate of Columbia Theological Seminary in Decatur, Ga. She received a Master of Arts in Practical Theology (MAPT) degree. She previously completed a residency and worked as a supplemental chaplain with Suncoast Hospice, a part of Empath Health. She also served as a chaplain with BayCare Health and as a parish administrator for various churches. Prior to finding her calling in various aspects of ministry, Michelle worked in the business world for General Electric and with nonprofits, including the Girl Scouts of San Diego Imperial Council. Michelle has extensive experience in spirituality and its application to daily life. She looks forward to her work here and considers it an honor and privilege to get to know the residents and staff. Michelle will be implementing Soaring, The Goodman Group's proprietary program for addressing the spiritual well-being of all the residents here. She will be meeting one on one with residents and offering care that supports the spiritual needs of the residents. Michelle looks forward to seeing the spirit at work!

Michelle enjoys reading, cooking, quilting and, as she likes to say, "Boredom is not a part of my world." She also enjoys spending time with her family and her dogs!



Navigating the Holidays

Please join us for an educational seminar on Navigating the Holidays with seniors with dementia on Nov. 9.

Sometimes caregivers would rather skip large family gatherings due to the stress it puts on loved ones. This seminar will, hopefully, give some helpful hints and tips to navigate families through those special occasions!



Resident Birthdays

- Meredith S., 5th
- Janice T., 6th
- James "Blink" H., 9th
- Nelida J., 10th
- Gloria A., 11th
- Winifred B., 14th
- Thomas E., 17th
- Marie V., 17th
- Donna G., 17th
- James M., 25th
- Theresa M., 26th
- Charles W., 27th
- Raymond P., 27th
- Emily S., 29th

Employee Birthdays

- Tucker T., 3rd
- Ellen G., 9th
- Samantha V., 11th
- Justina A., 12th
- Paula H., 16th
- Shannon M., 18th
- Robert V., 26th

Nursing & Health Care

Just a reminder, residents, if you will be traveling through the holidays please let nursing staff know to ensure all medicines are ready and available for your travels!

We hope you have a blessed holiday season!





THE RESIDENCE

AT TIMBER PINES

Senior Living

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ALF#9870



A PLATINUM SERVICE®
COMMUNITY MANAGED BY



The Goodman Group
Moments matter. Live them well.®

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Staff

Executive Director
Avi Elias

Director of Nursing
Laurie Freeman, RN

Sales and Marketing Director
Chris Adams

Environmental Services Director
Greg Morilla

Life Enrichment Director
Jordan Turner

Assistant Director Nursing
Maria Sabo, LPN

Maintenance Director
Danny Bachert

Sales and Marketing Associate
Danielle Rosado

Transition Director
Claudia Green

Business Office Manager
Kathy Anderson

Business Development Director
Jay Michael

Spiritual Director
Michelle Mehan

Outings

Friday, Nov. 3: Dinner to Bonefish

Monday, Nov. 6: Dinner to Kally K's

Friday, Nov. 10: Dinner to Brian's Place

Friday, Nov. 17: Dinner to Zig Zag Scallops

Monday, Nov. 20: Dinner to Texas Roadhouse



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Go to facebook.com/TheResidenceAtTimberPines to see pictures and catch up on all the fun here at The Residence at Timber Pines. This is a great way for family members and friends to stay connected!

