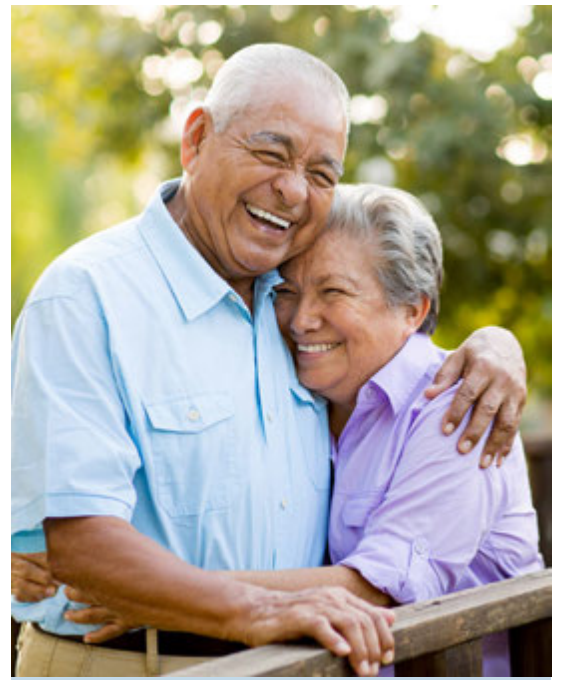


GOOD Life News

at The Residence at Timber Pines

MAY 2019

www.residenceattimberpines.com



Executive Director

They say “April showers bring May flowers,” and that is certainly the case here! What a wonderful April we had! Our Pearl Gardens residents hosted a lovely afternoon tea for their family members, we had a lovely Easter Dinner and we had many residents participate in our second annual Passover Seder! It is wonderful to celebrate holidays together with extended family.

To continue our community holiday celebrations, in May, we look forward to celebrating Mother’s Day with all of the mothers here at The Residence — residents, their families and our staff! In addition to our annual Mother’s Day celebration, we will be hosting a Spring Tea. I am sure it will be beautiful. We look forward to all our moms participating!

Along with Mother’s Day, we will also be celebrating National Nurses’ Week. We are fortunate to have many exceptionally caring nurses on our team. Thank you to all nurses — especially those who work here at The Residence — for the wonderful care you provide. Please join me in thanking these wonderful women and men for the wonderful work they do!

At the end of May, we will celebrate the annual kick off of summer with a wonderful Memorial Day celebration. While today this holiday has become associated with the start of summer, we cannot lose sight of its original meaning — a moment to remember those members of our Armed Forces who made the ultimate sacrifice. Thank you to all of our veterans for your service and to your families for the sacrifices made for your service. We will not let the memories of our fallen service men and women be in vain.

We will remember their service and the wonderful liberties and way-of-life we have as a result of their sacrifice.

Thank you for the continued privilege of serving you and your family,

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

Step into Spring

There’s nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can help to improve cognitive function and increase happiness, according to the National Institutes of Health. So, get outside and treat yourself to a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you enjoy most.

Montessori Moments

Pearl Garden Residents hosted a beautiful Tea Party for their families last month. They prepared the sandwiches, cut the fruit, arranged the food displays, set the tables and hosted the party! They did a beautiful job!



Outings This Month

May 3: Dinner to Outback

May 10: Trip to the Movies

May 17: Tour through Botanical Garden and Dinner to Greek City

May 24: Zig Zags

May 31: Kirin

Is Anxiety Holding You Back?

Anxiety has its pros and cons. Occasional anxiety can help push us to address our problems. However, persistent anxiety can hurt our quality of life, career and health, sometimes leading to panic attacks, insomnia, depression or substance abuse. Anxiety can revolve around specific issues (such as the fear of social events) or be more vague and generalized. However, certain distorted thought patterns are common:

- Expecting the worst. People with anxiety often think that negative outcomes will be more likely to happen and more severe than the facts would predict.
- Underestimating personal resources. Anxious people often think they are less capable than they are of dealing with difficult situations. They may label themselves as incompetent. They tend to have unrealistic standards or discount their positive qualities.
- Using emotional reasoning. Chronically anxious people tend to think, "If I feel this way, then there must be a good reason for it." Anxious feelings are seen as true reflections of reality instead of mere sensations.

If chronic anxiety is interfering with your life or preventing you from making it better, share your concerns with your health care provider. They can rule out any medical conditions that may be contributing to anxiety and refer you for professional help.

Tricks for Better Eating

Do you want to eat better? These strategies can help make good nutrition a bit easier to achieve.

Make vegetables and fruit convenient. If you open the fridge and the first thing you see are carrot and cucumber sticks, there's a good chance those are the snacks you will choose. If you have a cookie jar on your counter, replace it with a bowl of fruit.

Skip the distractions. People tend to eat more when paying attention to a computer, TV screen or tablet, instead of focusing on food. Dine without electronics and pay attention to every delicious bite. Focusing just on your food is also linked to being less hungry later on, because your memory reminds you of your previous meal.

Set realistic expectations. While pictures of beautiful food and glamorous people on social media can be aspirational, they can also make us feel inadequate. Instead of inspiration from models and chefs, fill your social media feeds with more realistic lifestyles. It's better for your self-esteem.

National Nursing Week

Florence Nightingale is considered the founder of modern nursing. To commemorate her life, the Florence Nightingale Museum was built on the original site of the Nightingale Training School for Nurses. The museum contains more than 2,000 artifacts commemorating her career as a nurse.

National Nurses Week is celebrated this year from May 6-12, ending on Nightingale's birthday in her honor. Throughout this week, remember to thank a nurse, whether it's privately with gifts, flowers or a special dinner, or publicly by participating in a seminar or event that recognizes the contribution nurses make to the health needs and well-being of everyone.

In Honor of National Nurses Week, we would like to honor our Licensed Practical Nursing Staff and thank each one for their dedication and years of service with us.

- | | |
|---------------------|---------------------|
| • Lynn R., 2000 | • Connie H., 2016 |
| • Mary O., 2002 | • Victoria H., 2016 |
| • Jennifer D., 2002 | • Mary S., 2016 |
| • Mara J., 2003 | • Diana M., 2017 |
| • Maria S., 2004 | • Nichole A., 2017 |
| • Marcia L., 2009 | • Kathie N., 2017 |
| • Maria V., 2013 | • Robert C., 2018 |
| • Carmen A., 2014 | • Janelle T., 2018 |
| • Patricia S., 2014 | • Sara W., 2019 |
| • Audrey D., 2015 | • Jasmine S., 2019 |
| • Susan M., 2015 | • Sheri B., 2019 |

Resident Birthdays

- | | |
|------------------|-------------------|
| Yvonne O., 6th | Ruth M., 23rd |
| Frank K., 16th | Margaret D., 23rd |
| Nancy M., 16th | Michael T., 27th |
| Dorothy F., 16th | Bill G., 27th |
| Marie F., 18th | Marie M., 27th |
| Carl G., 18th | Frances I., 28th |
| John B., 19th | |

Employee Birthdays

- | | |
|-----------------|-------------------|
| Rob V., 6th | Peyton C., 14th |
| Jacob M., 7th | Amber W., 15th |
| Carri C., 8th | Evelynn D., 20th |
| Robert A., 12th | Danielle R., 27th |
| Grace F., 12th | Justin H., 30th |

Catholic Communion

If you would like to receive Catholic Communion and you are not attending Rosary, please sign up on the second floor sign-in. We will add you to the list for the Eucharistic Ministers.

Soaring

Here we are in another season — in the midst of spring! The earth is shifting from being angled away from the sun to its angle towards the sun; a time when plants bud with new growth. It's a time when living things (plants and hibernating animals) come up and out of something into a new existence; an emerging from one thing into another; a time when nature s-l-o-w-l-y stretches and ascends into something new.

We, too, as human beings, find ourselves in seasons of life. As I begin my life amidst each of you here at The Residence at Timber Pines, I wonder how you are emerging in the midst of life. Are you facing away from the warmth and light of life? Perhaps you, like the earth during this season, are contemplating a move towards something new. Perhaps you, like the bulbs pushing against the earth, are struggling to break out of the wet soils of life; things are pressing you down. Maybe you have already emerged from the soil and are stretching and moving towards something new in your life — things are good and growing.

Whatever your station in life, we can help one another. We can sit with others through their darkness. Sometimes being a silent witness to the struggle of others is more helpful than providing words. Perhaps our neighbor might need a word of encouragement to break through that last burgeoning of the soils that have kept them down. Often times, the simple beauty of who we are speaks volumes.

I trust the beauty of each one of us, no matter what stage of "spring" we are in, is utilized for good in the tapestry of life! May we all find ourselves useful together and may the very best you emerge!

Blessings & joy!

Anne

Tea Party

Please join us for a beautiful May Tea Party on May 22 at 12 p.m. in the Crystal dining room. RSVP to the front desk by May 15.





THE RESIDENCE AT TIMBER PINES

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ALF #9870

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Danny Bachert

Memory Care Coordinator
Maria Sabo, LPN

Executive Chef
Andrew Mullins

Assisted Living Nursing Coordinator
Kathy Nestrud

Business Office Manager
Kathy Anderson

Business Development Director
Jay Michael

Spiritual Care Director
Anne



New Residents

Please help us welcome our new residents!

- Vivian
- Alfred
- Elizabeth
- Robert
- Alice
- Alma
- James
- Donald
- Margareta



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Visit 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!