

GOOD Life News

at The Residence at Timber Pines

AUGUST 2017

www.residenceattimberpines.com

A message from Tabby

I just wanted to take a moment to thank everyone for the feedback after our meeting last month. I hope the positive communication between residents and staff will continue moving forward.

We must remember everyone here, staff and resident, deserves respect and kindness, even when dealing with a delicate situation. We are mothers, fathers, husbands, wives, friends and loved ones. Everyone has their own battle to face every morning, and you never know what a person is going through. We must take pride in being empathetic and understanding of all walks of life.

I can speak for my staff in saying we all truly care for each and every one of you. Thank you for giving us the opportunity to be a part of your life and sharing your home with us.

— Tabby

Soaring

Over the last few months, I have become more aware of the importance of having open and respectful communication within our community, especially as expressed by our Executive Director, Tabby Diaz, in July's community presentation. Feeling free to honestly and openly express ourselves is important to our spirit. I have heard many of you explain how much you appreciate Tabby's "open door policy." As a team member, I can also share how much our staff appreciates resident input regarding how you feel things are going within our community. As Tabby recently announced, resident feedback offered on Customer Satisfaction Surveys is an important driver in taking action in the areas you tell us need improvement. In response to your requests in the area of spiritual care, we have been working hard to add new spiritual activities to our calendar, such as retreats and services of remembrance; add more access to faith community events through new transportation options; and create new relationships with local faith community leadership in order to better serve your spiritual needs. In this way, through sharing and caring based upon our resident needs, we can all work together to continue to build a mutually respectful and caring community. Blessings throughout the month of August.



Blessings,
Amy Coleman



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

**29 Years
Recognizing
Senior
Citizens Day**

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

Nursing/Health Care

It can be difficult to know what to do for a family member or friend who is battling cancer. Often, small gifts and kind gestures can brighten their day, as well as provide practical support. Here are some ideas:



Books, magazines and more — Reading material, puzzle books, audiobooks, CDs and DVDs can keep your loved one occupied during long treatments and recuperation.

Lotion — Chemotherapy can cause dry skin and brittle nails, so treat your friend to a bottle of unscented, moisturizing lotion or hand cream.

Blankets and socks — Cancer treatments may make a person feel colder than usual. A cozy blanket or pair of socks can help them feel warm and loved.

Faux flowers — Many well-wishers want to send flowers to those who are ill, but fresh bouquets and live plants can be an infection risk for patients with weakened immune systems. A silk bouquet or faux flowers crafted from fabric or buttons can also bring a smile, and they will last longer.

Your friendship — From cards and phone calls to visits and hugs, friendship is the best thing you can offer to a person living with cancer.

Casino Royale Fundraiser

Join us for a Great Community Event

Wednesday, Aug. 30

2 to 4 p.m.

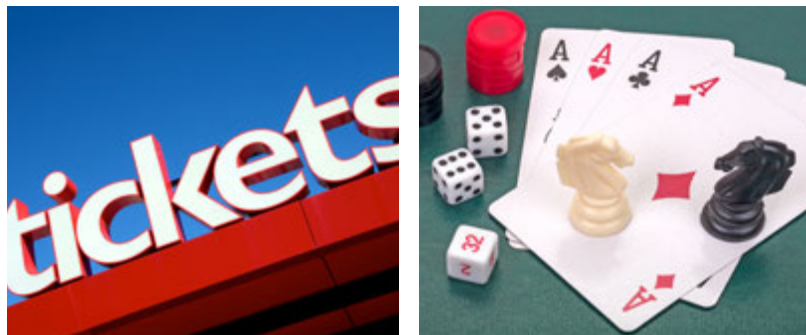
Craps, Roulette, Black Jack & Texas Hold'em

Tickets are \$15 per person and include \$5,000 in Play Money, Appetizers & Two Drink Tickets.

Purchase your Ticket at the Concierge Desk!

Raffles & Prizes

Proceeds to benefit Hernando County Sheriff's Department K-9 Dogs!



Outings

Friday, Aug. 4, departing at 11:30 a.m.: Lunch outing to Bayport Inn

Friday, Aug. 11, departing at 4 p.m.: Dinner outing to Villa Verde Cafe

Monday, Aug. 14, departing at 4:30 p.m.: Dinner outing to Texas Roadhouse

Friday, Aug. 18, departing at 11:30 a.m.: Lunch outing to Margarita Breeze

Friday, Aug. 25, departing at 9:30 a.m. Day Trip to the Florida Aquarium

Monday, Aug. 28, departing at 9:30 a.m.: Day Retreat to the Abby



Resident Spotlight

Please see Life Enrichment Jordan Turner if you have any short stories, poems, jokes or just something to say in our monthly newsletter! We would love to include special articles from our residents!

Diamond Dreams

Each summer, youngsters across the U.S. and the world take the field as Little League ballplayers.

Variations of baseball have been around since the 18th

century. When the game grew to be the national pastime, children played pickup games in streets and sandlots, often using castoff equipment that was made for adults.

In 1938, Carl Stotz of Williamsport, Pa., wanted to give his young nephews and other neighborhood boys the opportunity to play in an organized league. He spent months testing gear and field dimensions and recruiting players. Stotz also asked sponsors to help pay for the uniforms and equipment.

The first Little League game swung into action in Williamsport in 1939. The program was a hit, and leagues popped up across the country, then around the globe. The first National Little League Tournament — now known as the annual Little League Baseball World Series — was played in 1947.

Today, more than 200,000 teams in 80 countries participate in Little League.



A Celestial Spectacle

Millions across the U.S. will have their eyes on the sky this month: The first coast-to-coast solar eclipse in nearly a century will take place on Aug. 21.

A total solar eclipse occurs when the moon moves between the sun and the Earth, covering the sun and casting a shadow on Earth. This month's eclipse is unique because its path will cross the U.S. diagonally from Oregon to South Carolina, passing through parts of 14 states.

All areas of the continental U.S. will experience at least a partial eclipse, but people in the 70-mile-wide "path of totality" will see a total eclipse, when only the sun's outer atmosphere, the corona, will be visible. In the middle of the day, twilight will fall for up to 2 minutes, 40 seconds; stars and planets will be visible; and the temperature will drop, just like at nighttime.

The view is sure to be breathtaking, but experts caution that looking directly at the sun can cause permanent eye damage. Special eclipse glasses or solar viewers are essential.

A Word from Life Enrichment

Hello!

I wanted to inform everyone on the impact residents here make on each other. I was tallying up volunteer hours for the month of June, and with residents alone, we had 364 volunteer hours! This included hours residents put into our various clubs; managing the library; resident board, council and association; volunteers in the neighborhoods; volunteer actors; etc. That is an incredible number! Thank you to all of those who dedicate their time to enrich our community!

— Jordan



New Residents

Help us welcome your new neighbors!

Nancy C.
Jack B.
Nadine P.
Theresa D.
Tom K.
Dottie A.



Resident Birthdays

Ludwig S., 1st
LouEllen P., 2nd
Shirlee J., 2nd
Hazel M., 4th
Arthur S., 5th
Harrison H., 8th
Joan H., 10th
Margaret P., 11th
Shirley C., 12th
Leanore S., 16th
Gil W., 17th
Carol M., 22nd
Evelyn B., 23rd
Elaine W., 28th

Employee Birthdays

Jim C., 2ng
Robert C., 5th
Regina V., 7th
Gavin B., 9th
Christopher C., 10th
Katheryn S., 12th
Rachel H., 13th
BethAnne D., 17th
Christopher L., 23rd
Kelly T., 23rd
Deb Salon M., 27th
Margarita D., 28th



THE RESIDENCE

AT TIMBER PINES

Senior Living

3140 Forest Road
Spring Hill, FL 34606
352-683-9009
ALF#9870



A PLATINUM SERVICE®
COMMUNITY MANAGED BY



The Goodman Group
Moments matter. Live them well.®

thegoodmangroup.com

Staff

Executive Director
Tabby Diaz

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 Associates
Danielle Rosado
Diana Nordberg

Business Office Manager
Kathy Anderson

Business Development Director
Jay Michael

Spiritual Director
Amy Coleman

Food and Beverage/ Dining Services

We want to thank everyone who has been participating in Wednesdays' meal choices! We have had amazing feedback through the voting system and have heard plenty of feedback from you! The culinary team is working diligently to create more variety, while also making the residents part of the solution. Thank you for your support and positive feedback!

— Chef Jim

Like Us on Facebook

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!

