

# GOOD Life News

*at The Residence at Timber Pines*

SEPTEMBER 2018

[www.residenceattimberpines.com](http://www.residenceattimberpines.com)



## From the Desk of Avi Elias

September is in the air! School is back in session, and we will celebrate the official “end of summer” with Labor Day!

While Labor Day has become our way of celebrating the end of summer, its original purpose was to recognize the role organized labor has played in the development of our country. I would like to take this opportunity to thank all of the dedicated team members at The Residence at Timber Pines for all of their hard work and dedication, placing our residents at the center of everything they do — as stated in our Platinum Service® Standard #1! We are very fortunate to have such a caring group of professionals. Please join me in thanking them for all they do each day!



Another way we will be celebrating in September is the annual observance of National Assisted Living Week — Sept. 9-15. Established by the National Center for Assisted Living (NCAL) in 1995, National Assisted Living Week® provides a unique opportunity for residents, their loved ones, staff, volunteers and the surrounding communities to recognize the role of assisted living in caring for America’s seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of long-term care.

This year’s theme is “Capture the Moment,” which hopes to inspire residents to realize their dreams and seize the day! Simultaneously, the theme also supports reflection, as we recall pivotal moments in the lives of our residents and history of our nation. Jordan and her team are planning an exciting week of events. We will be “Capturing the Moment” by hosting our resident-recipe meal — a meal that will feature a selection of resident-submitted recipes! Each menu item will be named for the resident who provided the recipe. We will then publish all recipes we received for this project in a “Timber Pines Cookbook.” More details on the cookbook will follow.

Thank you for the ongoing privilege of serving you and your family.

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

**Platinum Service®  
Standard #3**

*“I am proactive in my service approach and focus on anticipating the needs and desires of our residents.”*

A business technique that ultimately determines the success of our service approach is “Organizational Performance.” The three key ways in which we can display outstanding organizational performance are through efficiency, effectiveness, and efficacy. In practical terms, Platinum Service teaches us the right thing to do, both for residents and internally. Our training, both technical and on the job, teaches us the processes necessary to execute our business in the most effective and timely way. A few suggested proactive behaviors include: focus on the resident, think ahead, and place yourself in their shoes. When we place our residents at the center of everything we do, it is much easier to be proactive.

## Snow White and the Seven Dwarfs

Check out our some great photos from "Snow White and the Seven Dwarfs." To see even more photos, check out the Residence at Timber Pines Facebook page!



*Snow White and the Seven Dwarfs*



*Fletch as the handsome King Backwards*



*June and one of the seven*



*June with her mirror, the evil queen and Snow White*



*Gil with his partner in crime*



*The whole cast and crew!*



*Connie with her woodland friends*

## National Assisted Living Week

Family Portraits — Capturing the Moment

Saturday, Sept. 15, 2018

Sunday, Sept. 16, 2018

- Free 30 minute photography session and 8X10 Photo
- Additional photo packages available for purchase (cash or check)
- Must make an appointment by calling Life Enrichment Director, Jordan Turner, at (352) 247-0997
- If more appointments are needed, we will add additional days
- Appointments are first call, first served

## Resident Spotlight: Alma's Story

Alma T. may be small in stature, however, her spirit is that of a giant! Alma shared her miracle story with the residents on a Thursday afternoon in July. Alma has



been a resident here since 2015. Alma is a regular participant in the weekly Prayer and Share group. She wanted to share the "Miracles" in her life. Alma spoke with clarity, conviction and faith. She outlined event after event both big and small and at the end of each event stated, "A miracle!" Alma shared her journey with cancer, her dedication to fitness and care for her body, the family support she has experienced and the doctors and staff all dedicated to providing care as miracles. Alma spoke from her heart, and you could feel the energy in the room as she shared her story. The trials she has overcome are numerous, and she takes no credit. Alma states they are miracles from God and says, "I want to share that God did these things." Following Alma's talk, people said, "I never knew that about Alma" and "How encouraging it was to hear that." Alma gave us all a wonderful gift the day she spoke. She shared her story to acknowledge the miracles God performed in her life and in doing so, encouraged others to look at their lives and see their own miracles! Thank you, Alma, for showing us how to be so bold!

## Resident Transition Coordinator

We would like to announce the new Resident Transition Coordinator, Kim B. Kim has worked as the nursing scheduler with us since April 2015. We are very excited to have her join us on the Marketing Team!



## Resident Birthdays

Georgia M., 2nd	Joyce B., 20th
Ann K., 3rd	Marianne D., 24th
Bonnie F., 3rd	Rose F., 27th
Elvira J., 4th	Dorothy W., 28th
Lucille G., 4th	Jean W., 28th
Robert D., 8th	Vennie C., 29th
Lorraine F., 11th	Barbara H., 29th
Bobby G., 17th	

## Employee Birthdays

John B., 3rd	Gina N., 21st
Eryn R., 9th	Sonja D., 25th
Arlene G., 12th	Lauren V., 26th
Teresa D., 17th	Greg M., 26th
Madellyn L., 18th	Jim B., 28th

## Food Chat with Jim and Christine

Don't forget to fill out your food cards on the table. Our food advisory committee meets twice a month to discuss the issues brought up on the cards!

## Soaring with Michelle

*Meditation Mondays*

Come and join us for Meditation Mondays beginning Sept. 10. We will meet for 30 minutes, from 4 to 4:30 p.m., in the Grand Lounge. All are welcome to attend.

Meditation is a tool that can calm your body. When your body is calm, there is less stress, and less stress allows you to focus better, have greater clarity, along with other benefits.

Our time together will include a guided meditation, aromatherapy, resources and quiet time.

Come and give it a try!

Questions? Please see Spiritual Director, Michelle Mehan.





# THE RESIDENCE AT TIMBER PINES

Senior Living

3140 Forest Road, Spring Hill, FL 34606  
352-683-9009 | [www.residenceattimberpines.com](http://www.residenceattimberpines.com)



ALF #9870

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 The Goodman Group

## Staff

**Executive Director**  
Avi Elias

**Director of Nursing**  
Laurie Freeman, RN

**Sales and Marketing Director**  
Danielle Rosado

**Environmental Services Director**  
Greg Morilla

**Life Enrichment Director**  
Jordan Turner

**Director of Dining Services**  
Christine Hawkins

**Maintenance Director**  
Danny Bachert

**Memory Care Coordinator**  
Maria Sabo, LPN

**Executive Chef**  
James Bush

**Assisted Living Nursing Coordinator**  
Kathy Nestrud

**Business Office Manager**  
Kathy Anderson

**Business Development Director**  
Jay Michael

**Spiritual Director**  
Michelle Mehan

## A Note from Nursing

We will be holding our annual flu vaccination clinic with Nature Coast Pharmacy in mid-October.

There will be more details in next month's newsletter for dates and times.

Stay healthy, keep hydrated and wash your hands often.



## New Residents

- Richard V.
- Eileen S.
- Zeena M.
- Jack M.
- Lynn D.
- Sandra D.
- Mildred C.
- Robert D.
- Joseph B.
- Jean K.