

GOOD Life News

at The Residence at Timber Pines

JUNE 2017

www.residenceattimberpines.com

Executive Director

Can you believe half of this year is already over? It's almost Christmas! I always like to reflect on our progress at this time during the year and remember not too long ago we were all meeting for the first time. While we've had a few bumps along the way, I think we've made great progress in getting to know each other over the last several months. We've recently made some changes to our Happy Hours in offering more entertainment and cocktails as well as "mock-tails" to ensure all of our guests have an opportunity to socialize and get to know each other even better. All in all, each day our team members are listening and working very hard to provide the platinum service to you in the fashion you are accustomed to, and of course, I am always willing to listen. For example, what are some ideas for activities you would like to see? Please let Jordan and her incredible Life Enrichment staff know your thoughts about our programming and what you'd like to see included each month. Let's keep the positive communication coming!



Tabby Diaz, Executive Director

Soaring: Supporting the Spirit

Functioning as part of the Life Enrichment team here over the last two months has reminded me how important it is for all newcomers to feel warmly welcomed into our community. Participation in community activities can be an important way for our new residents to get to know us and to feel more at home early on. Numerous studies have shown the many health benefits of participating in a wide range of activities later in life. Here at The Residence at Timber Pines, we are working to broaden the scope of activities we offer, including those focusing on physical fitness, mental acuity, spirituality and social activities. All of these activities have individual as well as social benefits, for as we participate together, we continue to build our community through relationship. So, in the coming months, as you think about those new activities in which you may like to participate, such as Pool Exercises, Cribbage, or Prayer & Share, if a friend or new resident comes to mind, I hope you will feel free to invite them to join us. Wishing you many blessings throughout the month of June.

— Amy Coleman
Spiritual Director



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

**National
Safety Month**

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can "Keep Each Other Safe," this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

Resident Spotlight

Our resident spotlight this month is a couple — Saul and Roz L.! Roz was born in Brooklyn and Saul was born in the Bronx, but they met in college and later moved to Long Island, where they lived for many years. Roz worked in Long Island as an elementary school teacher for 25 years, and Saul worked there for 30 years as a High School guidance counselor. It was also there that they had their three children, two daughters and a son. Their daughter Aimee currently lives in California with her fiancé and her daughter. In New Jersey, their daughter Rachel resides with her son and daughter. Roz and Saul's son Evan lives in Scottsdale with his wife and daughter.

Saul and Roz moved to Florida in 1992 after 30 years in Long Island. For the past 25 years, they lived in Timber Pines in a very beautiful home where Roz was the president of the Travel Club. Through the club they traveled across the world to China, Australia, Africa, Israel and all over Europe, to name a few places! Other than the Travel Club, Roz enjoys playing Mahjong, knitting, crafting and reading.

Saul has spent much of his time volunteering at the Stage West Community Playhouse, where he was involved in about 15 shows and won the award for best director seven times, and also did work at the Richey Suncoast Theater. Other than theater, Saul enjoys writing novels, visiting his friends at Timber Pines for golf and swimming.

We are so glad to have you two here at The Residence with us!

Nursing/Health Care

National Nursing Assistants week is recognized during June each year. We recognize both our Certified Nursing Assistants and Medication Assistants, as well as our Resident Care Assistants during this week. These dedicated employees are often the principal Caregivers. They develop close and caring relationships with our resident community as well as the residents' family members.

A sincere thank-you to each of our great team of Nursing Assistants:

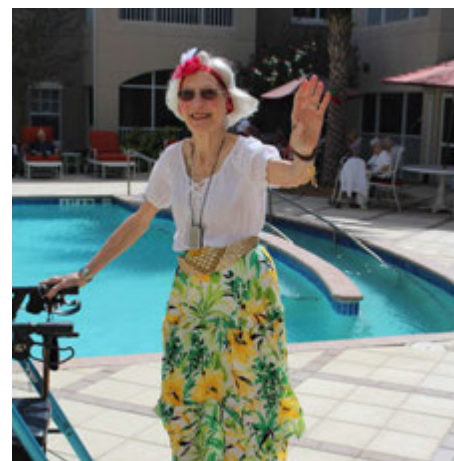
Amber W., 2011	Keri H., 2015
Joe H., 2001	Sam V., 2005
Robert, 2012	Marilyn S., 2017
Kaitlyn H., 2017	Dasia M., 2017
Lucia R., 2007	Sharmilla M., 2013
Glenna M., 2000	Mayet A., 2017
Eteri, 2008	Kristina A., 2015
Greity R., 2015	Sharon R., 2000
Eunice, 2009	Natalia K., 2016
Sherrie, 2012	Lauren V., 2017
Christina G., 2014	Sommer D., 2013
Jen R., 2009	Raven G., 2016
Alicia H., 2017	Marrianna V., 2015
Chrystina S., 2016	Teresa D., 2010
Blanca B., 2016	Kasandra R., 2017
Dorrell B., 2003	Norma D., 2017
Christina K., 2015	Valerie G., 2008
Janella T., 2014	Casey R., 2017
Katie S., 2016	Regina V., 2013
Erica W., 2011	Patricia S., 2012
Jess S., 2015	Rose D., 2015
Rachel H., 2013	Sonja, 2012/2015
Julia L., 2015	

Highlights

Check out some of these awesome moments from May!



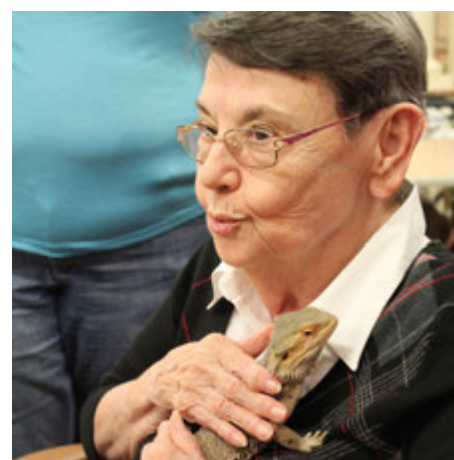
AK Dance Away Performance



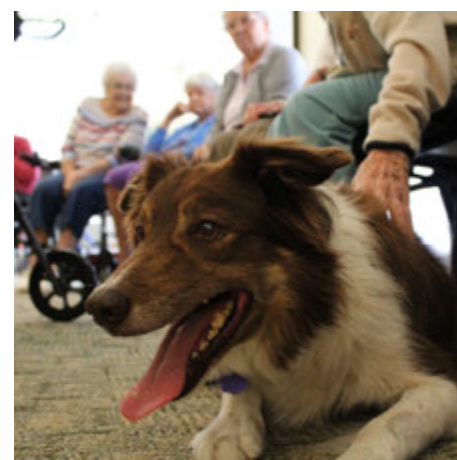
Fashion Queen



Cinco de Mayo!



Exotic Pet Show



Soccer Dog Beck

Meet the New Life Enrichment Director

Hello!

I have met so many of you, but I have so many more to meet. I want to introduce myself and give you a little background on myself.

I have worked for The Goodman Group for three years, starting in our Largo Community, Cypress Palms. At Cypress, I was the Life Enrichment Memory Care Coordinator.

I moved to Florida to fill the position at Cypress from Richmond, Ky. I graduated from Eastern Kentucky University with a Bachelors of Health Science. I majored in Recreation and Parks Administration but specialized in Recreational Therapy. I also have a minor in Psychology.

At home, I have a black pit-bull mix named Maya. We love to go to Twistee Treat for peanut butter ice cream and on long rides in the jeep. I love to cook and bake. (Please feel free to pass on some delicious recipes!) I also love spending time at the beach and in the water.

I am looking forward to meeting more people! Please come by my office anytime. I'm located on the second floor, across from the beauty shop.

Thank you,
Jordan Turner

Life Enrichment Director

Community Event and Car Show

Friday, June 16

- 4 to 8 p.m.
- Car Show
- DJ
- Food Trucks & Food For Sale
- Kid Zone
- Petting Zoo
- Vendors
- Blood Drive

All are welcome! Invite your friends and family!

We hope to see you there!



New Residents

Help us welcome your new Neighbors!

Gloria K.	Bob H.	Marty & John B.
Donna G.	Juanita D.	Caroline R.
Louise L.	Mildred A.	Rose F.
Harry H.	Fred W.	

June Outings

Lunch to Fujiyama: June 2

Dinner to Outback: June 5

Dinner at Strong Tower Winery: June 9
Father's Day Men's Outing to Hooters: June 19

Dinner to Riverside Restaurant: June 23

Bowling with Tabby: June 30



Resident Birthdays

Lillian A., 4th
Arlene O., 7th
Merle W., 8th
Alyce L., 9th
Margaret F., 11th
Bill C., 11th
Pete S., 19th
Leroy P., 19th
Phyllis T., 20th
Anna M., 21st
Fred M., 23rd
Lillian K., 23rd
Genevieve B., 26th
Lynette L., 28th

Employee Birthdays

Mirna M., 1st
Eunice B., 4th
Ashley R., 4th
Mikelanne S., 8th
Shelly R., 9th
Esna D., 16th
Roger B., 17th
Gary M., 17th
Benjamin M., 20th
Maria T., 24th
Kimberly P., 25th
Dasia M., 27th



THE RESIDENCE AT TIMBER PINES

Senior Living

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



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COMMUNITY MANAGED BY



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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

Life Enrichment would like to thank dining services for all the work they put into our Social Hours. All of our hors d'oeuvres are created by the incredible culinary team! Let us know what snacks you would like to see!



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!

