

GOOD Life News

at The Residence at Timber Pines

JULY 2017

www.residenceattimberpines.com

Executive Director

Greetings! I often receive quite a bit of correspondence about the food service within the Community and variety that we offer, so I thought I would take a few moments to address a few key points to remember about our dining service program.

- Chef Jim has been employed by our Community for 17 years, and prior to his promotion almost a year ago, has always been the primary cook and kitchen supervisor.
- We offer 64 entrée selections per month so should you find something that perhaps you don't enjoy — there are other options for you to choose from.
- We offer open dining in the Whispering Pines dining room from 12-7 p.m. with our "all day" dining menu. We offer a gourmet burger, spaghetti and meatballs (my favorite!), chicken strips, chef salad and much more.
- In July, we will be offering a Wednesday Chef Special for dinner. This will include some "out of the box" entrée selections and we want to hear your feedback about what you think! These entrees will be, perhaps, a new take on an old favorite, or something completely different that we haven't tried before — but we want to know what you think about it. Each place setting will have a simple red/green scorecard. If you liked the entrée, turn it to the green side, if not, turn to red. The majority will decide whether that item turns into a menu standard.

Overall, we've all experienced a lot of change this year, but at the end of the day, our goal is to continue the Platinum Service® that our residents receive on a daily basis. Our mission is to listen and respond to your needs. Thank you for giving us the opportunity to do just that.

—Tabby

Outings

Friday, July 7: Lunch with Weeki Wachee Mermaids and Boat Ride; depart at 10 a.m.

Monday, July 10: Lunch to Mallie Kylas; depart at 11 a.m.

Friday, July 14: Dinner to La Belle Napoli; depart at 4 p.m.

Friday, July 21: Dinner to Codys; depart at 4:30 p.m.

Monday, July 24: Dunner to Masa; depart at 4:30 p.m.

Friday, July 28: Lunch to Buffet City; depart at 11 a.m.



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

**Enjoying
the Summer
Bounty**

At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.

A Word From the Life Enrichment Director

As I am approaching my first 90 days in a new Community, I wanted to take some time to write about my experience at The Residence at Timber Pines. Walking in the door, I was greeted with such warmth and excitement. I know everyone was nervous, and believe me, so was I, yet everyone welcomed me with open arms.

I have to say, my favorite sight to see is the love you all have for each other. Just the other day, I was strolling the halls and was touched to watch a couple, hand in hand, laughing and truly loving each other. I have seen friends supporting each other through the hard times. I have seen new residents be welcomed with incredible hospitality and acquaintances grow into life-long friendships. It is hard to make a new place a home, but I am honored to be a part of a community so loving and welcoming.

Live Well, Love Hard and Laugh Often.

Jordan Turner

Soaring

When I was young and going off to college, my grandmother gave me a mug with the expression, "Home is where we share and care" on it. This cup has traveled with me for over 30 years and survived many moves. It is one of my most precious belongings, because it reminds me of my grandmother. Many of you have warmly welcomed me into your "homes" and shared precious memories through your photos and personal belongings, and through this "sharing," I have come to know you a bit better. I have also come to see how The Residence at Timber Pines has become an extension of what home means to all of us, for residents and staff. It's where we share and care for each other every day, and it starts the moment you become a member of our family, the day you move in. This caring begins with the warm welcome at our front door and reception areas and extends to the important work of our Nurses and Nursing Assistants, attending to your daily health concerns. Our Executive Management team strives to improve our service in every area, with special attention paid to your individual concerns, while our Life Enrichment team offers care during activities throughout the building. Each day as I walk throughout the building, I also experience a caring attitude among our Food Services, Housekeeping, Maintenance and Environmental teams, who are apt to share their concerns about you, our residents, and your care needs. So, as you leave for summer travels and adventures, you can be assured we will look forward to welcoming you "home" upon your return.

Blessings,

Amy Coleman

Spiritual Director

Hurricane Season Is Here!

With Hurricane season approaching, we want to assure you are in the safest place possible. We hope you feel at ease being in a community that is made of steel and concrete that can withstand up to a Category 5 hurricane.

There will be plenty of food and water available should the need arise. Should a storm threaten our area, we plan to maintain all daily activities and schedules as much as possible. We have a very large generator that will keep our main operational needs supplied. Family and friends are welcome to come stay with you during a storm, but please notify the front desk so we can add them to our list.

Life Enrichment has a Hurricane Party planned for the residents to go over various information with you in regards to if a hurricane comes. You will be able to ask questions at that time.

Keep your fingers crossed for another quiet season!



The Healthy Kick of Horseradish

At first glance, horseradish appears to be a plain, pale root, but as far back as ancient Greece, people have valued the vegetable as worth its weight in gold. Famous for adding a sharp, distinct flavor to dishes, horseradish also has a number of health benefits.

Native to parts of Europe and Asia, horseradish is in the same plant family as broccoli, cabbage, Brussels sprouts and

mustard greens. Cutting into the root releases oils that produce its pungent aroma and heat.

Horseradish is most commonly eaten as a condiment by grating the root and adding it to spreads, dressings and sauces for sandwiches, salads, beef and seafood. The prepared horseradish sold in grocery stores usually consists of grated horseradish and vinegar, which helps stabilize the ingredient's potent spice level.

A source of fiber, vitamin C, potassium, calcium and several other nutrients, horseradish also contains powerful cancer-fighting enzymes called glucosinolates, plus natural antibacterial properties that can help protect the body from infections.



Resident Spotlight

Any residents interested in being featured in our Monthly Newsletter, please visit the Life Enrichment Director to schedule an official Timber Pines interview and an exclusive photo shoot for a fabulous headshot to accompany the article. The Resident Spotlight articles will only contain the information you would like it to include. Please stop by and become the next Resident Spotlight!

Food and Beverage/ Dining Services

From July 4, 1776, to today, Independence Day is celebrated with families and friends, traditionally at a backyard BBQ. Tradition stands here at The Residence; on July 4, dining service will be grilling out hot dogs, hamburgers and other classic favorites!



Favorite Fair Foods

Fair season is underway, and one of the highlights of these annual festivals is the delicious fare! Tempt your taste buds with these classic foods:

Cotton candy — Originally called "fairy floss," this colorful, fluffy spun sugar was introduced at the St. Louis World's Fair in 1904 and has become a favorite of fairgoers.

Corn dogs — Hot dogs dipped in cornmeal batter, deep-fried and served on a stick have been staples since the 1940s.

Funnel cakes — Crisp on the outside and light and airy on the inside, this fried dough dessert is traditionally topped with powdered sugar, but fruit, chocolate and ice cream are popular add-ons.

Candy apples — Tart, crisp apples are covered in sweet, hard candy or creamy caramel to make this snack-on-a-stick.

Kettle corn — Those who can't decide between sweet and salty get the best of both worlds in this popcorn treat seasoned with sugar and salt.



Resident Birthdays

Shirley E., 3rd
Margaret C., 5th
Heloise J., 14th
Hector M., 15th
Carmel B., 16th
Elizabeth M., 17th
Robert P., 17th
Leota B., 21st
Florence S., 26th
Frank M., 28th
Marie M., 29th
Annette S., 30th
Joan L., 30th

Employee Birthdays

Erica W., 2nd
Maria M., 3rd
Sommer D., 9th
Audrey D., 9th
Michael E., 13th
Vikki H., 15th
Rose D., 16th
Amy K., 17th
Laura H., 17th
Breanne M., 19th
Samantha K., 20th
Bob S., 21st
Dorrell B., 28th
Mary O., 31st





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

New Residents

Help us welcome your new neighbors!

Fred W.

Sue W.

Juanita D.

Martha and John H.

Walter C.

Charles C.

Lucille S.



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!