

# GOOD Life News

*at The Residence at Timber Pines*

MARCH 2018

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

## A Letter from Our Director

Punxsutawney Phil saw his shadow, so a long winter is in store for us! However as you can tell by sitting outside, spring has already arrived here in Spring Hill! This is why we live in Florida!

Spring brings with it a lot of exciting events. We will celebrate Employee Appreciation Day on March 2 and we will celebrate St. Patrick's Day. And with the arrival of the Vernal Equinox on March 20, 2018, we will formally welcome spring! And with it, we will share the spring holidays together.

This year, not only will we celebrate Easter, we will also celebrate Passover as we host a "model" Seder — the ceremonial meal based on the retelling of the Exodus of the Israelites from 400 years of slavery in Egypt. I am looking forward to sharing this centuries-old tradition with each of you.

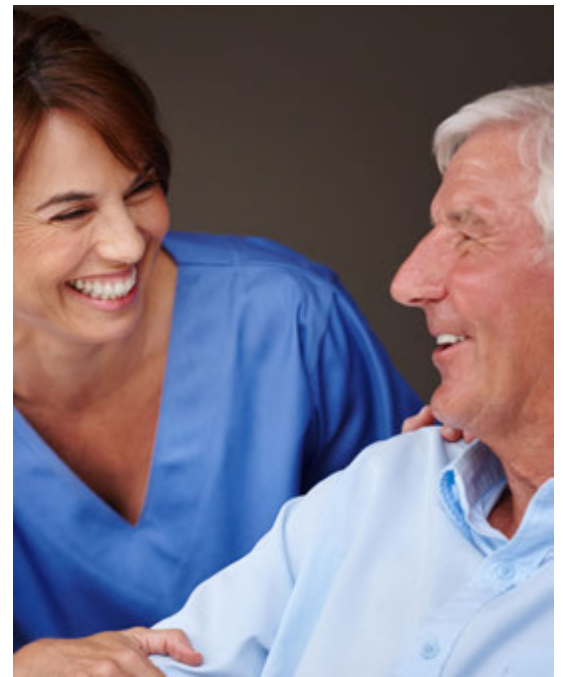
What makes these celebrations special is not just spending time with family and friends, but focusing on renewal. This will be a wonderful opportunity to learn about each other's family traditions around these holidays, renewing our commitment to providing Platinum Service® to our residents and guests each day and reconnecting with those who make each day special.

March also brings with it two other exciting times of the year — spring training and March Madness! The Tampa Bay Rays have been a rallying point for many of us and the arrival of spring training means the return of our Rays! I look forward to rooting for our Rays with each of you. The most exciting part of March for me, however, is the Men's College Basketball Tournament — March Madness — that will crown the national champion! I look forward to sharing my passion for college basketball, particularly the University of Arizona Wildcats, with everyone during these exciting days of March!

Thank you for the continued privilege to serve you and your family,



A handwritten signature in black ink, appearing to read 'D. Galer'.



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

**Platinum  
Service®  
Standard #20**

*"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."*

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

*"Integrity is what we do, what we say, and what we say we do."  
—Don Galer*



## Spring Arts and Crafts Fair

In honor of the first day of spring, we will be hosting an Arts and Crafts Fair on March 20 from 10 a.m. to 2 p.m.! Vendors from the community will be invited in to showcase some incredible talent. Please contact me if you are interested in being a Vendor at our event to showcase your talent! The Craft Fair will be held in the Lobby, Library and pool area.

*Danielle Rosado, Director of Sales and Marketing*

## Special Events in March

**Dinner to Masa:** March 2

**Ceramic Painting:** March 5

**Dinner to La Bella Napoli:** March 9

**Poolside Cookout:** March 11

**Western Day:** March 12th, Band Performs at 7 p.m.

**March Madness Begins:** March 13

**Dinner to Beef O'Brady's:** March 16

**St. Patrick's Day:** March 17

**Spring Arts and Crafts Fair:** March 20

**Outing to the Zoo:** March 23

**Dinner to Red Lobster:** March 30

## Safety Corner

Our Safety Committee Chairman Robert Villarrubia would like to remind residents, with the weather warming up and the sun shining a bit brighter, to please take extra precautions to stay hydrated. A recent study reported that 48% of older adults admitted to the hospital suffered from dehydration as well as other ailments. Scientists warn that the ability to be aware of and respond to thirst is slowly blunted as we age. As a result, older people do not feel thirst as readily as younger people do. This increases the chances of them consuming less water and consequently suffering dehydration.

In addition, when you decide to enjoy the beautiful weather, please protect your skin and eyes. A rule of thumb: A shadow that is longer than you means UV (ultraviolet) exposure is low; a shadow that is shorter than you means that the UV exposure is high.



## Tips for Conquering Crosswords

If you've ever had a crossword get you down and out, grab a pencil and take note of these strategies that can help you become a puzzle master:

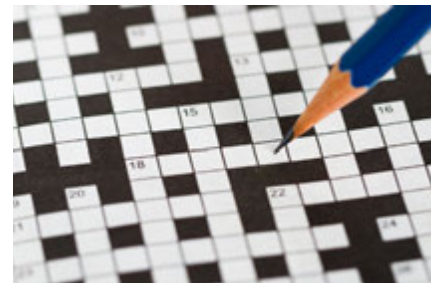
**Get a good start** — Solve the fill-in-the-blank clues first. They are typically easier, and getting those words in the grid will give you a mental boost. Next, focus on filling in the entries for three-, four- and five-letter words, which tend to be familiar answers used in many puzzles.

**Pencil in endings** — If a trying clue indicates the answer is a plural word or phrase, go ahead and fill in the "S" on the grid. If a clue signals a word in past tense, pencil in the letters "ED." While not always correct, this strategy may help you solve or verify connecting words.

**Watch for wordplay** — A question mark at the end of a clue usually suggests a clever play on words. For example, the clue "Eavesdropper?" would yield the answer "Icicle."

**Take a break** — If you get stumped by a specific clue, move to another area of the puzzle, or put the crossword down for a while. The answer may come to you after you've let your mind rest.

**Use resources** — Consult a good dictionary, almanac or other reference if you're stuck. And don't forget to ask friends and family!



## Diabetes Alert Day

American Diabetes Association Diabetes Alert Day, observed annually on the fourth Tuesday in March, is a one-day wake-up call to inform the American public about the seriousness of diabetes, particularly when diabetes is left undiagnosed or untreated.

Diabetes affects about 30.3 million Americans or about 9.4 percent of the United States population. It's also

estimated that one in every four persons with diabetes, or 7.2 million Americans are unaware that they have the disease. If you have a family history of diabetes, you have a greater chance of developing type-two diabetes. You are also more likely to develop type-two diabetes if you are over age 45, are overweight or are not physically active.



## New Residents

- Athena G.
- Loretta P.
- Joseph G.
- Harold S.
- Patricia W.
- Richard W.
- Christine L.

## Irish Heritage in America

March is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the United States can trace their roots to the Emerald Isle. That number is more than seven times the population of Ireland.

The biggest wave of immigrants arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their way into American culture. Most famously, the St.

Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green. The day's festivities wouldn't be complete without a meal of corned beef and cabbage, an American version of the Irish dish of bacon and cabbage. Irish stew, soda bread and colcannon are also part of the cuisine brought to America.



## Resident Birthdays

Dorothy S., 2nd  
James H., 5th  
Donna L., 8th  
Barbara C., 9th  
James B., 11th  
Joan S., 17th  
Juanita D., 19th  
Nancy C., 22nd  
Dee Dee T., 26th  
Rose H., 31st

## Employee Birthdays

Marlyn S., 4th  
Jennifer D., 5th  
Kasie W., 6th  
Julia L., 8th  
Mavis A., 17th  
Nicole S., 18th  
Mara J., 18th  
Chrystina S., 19th  
Diana Lee M., 22nd  
Georgina C., 24th  
Makenzie B., 26th  
Marcia L., 26th  
Sandy H., 27th

## Resident Spotlight

270 Resident Volunteer Hours for the Month of January!



## Poolside Cookouts

Starting March 11, once a month, our residents will host a Sunday Cookout for all to attend!





# 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

MANAGED BY  
 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

## Tech Tip

Tech Guru Zack Metzler wants to remind you to occasionally do full reboots to your computer. This may take some time, so reboot before you go out for the day. Rebooting ensures that necessary updates are performed on your computer's hard drive.

