

# GOOD Life News

*at The Residence at Timber Pines*

MAY 2017

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

## Executive Director

Hello, as we approach Memorial Day I would like to say thank you to all of our honorable members of the armed forces, past and present. Because of you, we live in this incredible country of possibility and opportunity. My father is a veteran of the Vietnam War and I am so proud that he served our country in the military and that he instilled the love of patriotism for our United States.

On another note, I am happy to welcome Jordan Turner, our new Life Enrichment Director

to The Residence. Jordan is already making great impressions and has so many exciting ideas and thoughts about the activity program and I know she would love to hear your ideas for the department and the exciting direction that it's taking! We appreciate you all very much!

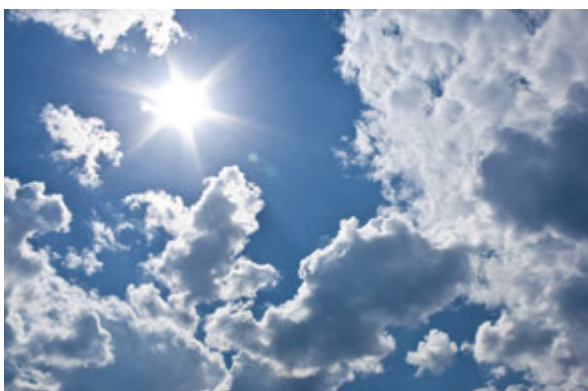
Sincerely,

*Tabby Diaz, Executive Director*



## Soaring: Supporting the Spirit

John Goodman realized the importance of being aware of and properly caring for our hearts as well as our minds and bodies. Holistic care was a passion of John's and inspires our "Soaring: Supporting the Spirit" program. "Soaring" reminds us that through one-to-one accompaniment and special activities focused on freeing the spirit, we are honoring and supporting each other's spiritual journeys. A focus on spirit can lead to improved communication and increased feelings of trust among community members, with the end result being better overall care of the whole person. With "Soaring" in mind, I look forward to meeting each of you just where you are as we share this journey together. Blessings.



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

**Step into  
Spring**

There's nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one's happiness, according to the National Institutes of Health. Don't let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

## Supporting Our Nation's Mothers

For more than 80 years, the American Mothers organization has worked "to champion women by honoring, educating and serving mothers at home, at work and in the world."



American Mothers was originally a committee formed by a group of influential citizens — including J.C. Penney, Norman Vincent Peale and Eleanor Roosevelt — who strived to honor the role that mothers hold in strengthening families and the nation. In 1935, Sara Delano Roosevelt, mother of then-president Franklin D. Roosevelt, presented the first Mother of the Year award to Lucy Keen Johnson of Georgia.

Since then, the nonprofit organization has selected a Mother of the Year from the 50 states, the District of Columbia and Puerto Rico, then named a national honoree. Nominations can be made at AmericanMothers.org from Mother's Day through Nov. 15.

The official sponsor of Mother's Day, American Mothers works year-round to implement service programs, provide scholarships and raise awareness of issues that impact mothers.

## The Lady With the Lamp

Every year, special recognition is given to nurses during National Nurses Week. The observance begins on May 6, National Nurses Day, and ends on May 12, the birthday of Florence Nightingale, who revolutionized the nursing profession.



Born in 1820 to British parents who were traveling in Florence, Italy, Nightingale was named for the city of her birth. As a child, she excelled academically, and in her teen years aspired to become a nurse.

At that time, nursing was not the skilled occupation it is now, and hospitals were disorganized and usually unsuccessful in treating the sick. Determined to change this, Nightingale received nursing training in Germany and France, then worked at a women's hospital in London.

In 1854, during the Crimean War, Nightingale was asked to organize a team of nurses and travel to Turkey to care for soldiers at a British camp hospital. Here she became known as the "Lady With the Lamp," due to her nighttime checks on the sick and wounded. Her methods of improving hygiene and providing a personal touch to patients helped reduce the camp's death rate by two-thirds.

Following the war, Nightingale used her knowledge and experience to improve health care. She wrote over 200 books and pamphlets on health-related issues, including 1859's "Notes on Nursing," a practical guide that is still published today.

## Favorite Derby Foods

The Kentucky Derby, the annual horse race called "the most exciting two minutes in sports," is also famous for its festivities off the track, including food. Saddle up with these traditional Derby dishes.



**Hot Brown:** This hot, open-faced sandwich was named for where it was first served in 1926, the Brown Hotel, just miles from the Derby's home, Churchill Downs. It's made with thick slices of toasted bread that are layered with roasted turkey and tomatoes, covered with a cheese sauce, broiled, then topped with two slices of bacon and paprika.

**Burgoo:** There are hundreds of recipes for this hearty stew, which is a longtime tradition. Thick and spicy, it usually contains a blend of beef, pork, chicken or lamb simmered with a medley of vegetables, beans and seasonings.

**Benedictine:** In the early 1900s, Louisville, Ky., caterer Jennie Benedict combined cream cheese, cucumber and onion to make a savory spread. It is typically served on bread as a tea sandwich filling or used as a dip.

**Chocolate-nut pie:** A gooey, sweet filling that includes chocolate chips and pecans or walnuts atop a pastry crust make up this dessert, a staple at the Derby.

## Community Event

Join us Friday, June 16 for a community event here at The Residence at Timber Pines from 4 to 8 p.m. Invite your friends and family!

- Car Show to Benefit Alzheimer's Family Organization
- Kid Zone with Bounce House and Games
- Petting Zoo
- Food and Drinks for Sale
- Blood Drive

Great fun for all ages! We hope to see you there!



## Nursing and Health Care

National Nurses Week is May 6-12, it is celebrated nationally each year at this time in honor of Florence Nightingale's birthday.

We wish to take time, especially during this special week, to thank our Licensed Practical Nurses (LPNs) for overseeing and coordinating nursing care and medication assistance to our residents. Their dedication is seen in all that they do. Our LPNs are easily identified by their navy blue and white uniform.



National Nurses Week

A sincere thank you goes out to each and every one of our great team!

Alesha D., 2017	Elyse D., 2015	Mary C., 2017
Amy M., 2011	Jamie H., 2016	Mary O., 2002
Audrey D., 2004	Jennifer D., 2002	Mary S., 2016
Ben M., 2016	Lynn R., 2000	Nancy S., 2015
Carmen A., 2014	Mara J., 2003	Patricia S., 2014
Copnnie H., 2016	Marcia L., 2009	Susan M., 2015
Ellan G., 2015	Maria V., 2013	Victoria H., 2016

## Upcoming Outings!

- Monday, May 1:** Sonny's BBQ (4 p.m.)
- Friday, May 5:** El Ranchero (4:30 p.m.)
- Friday, May 12:** IHOP (8 a.m. departure)
- Monday, May 15:** Cracker Barrel (10:30 a.m.)
- Friday, May 19:** Bon Appetit (4:30 p.m.)
- Monday, May 22:** Gulf View Square Mall (10 a.m.)
- Friday, May 26:** Catches (11 a.m.)



## Attention Residents

Please join me and the Council of the Resident Association as we welcome Jordan Turner, Director of Life Enrichment, to our Residence family. She will be the advisor to our Association as just one of her many responsibilities. Please stop by her office and introduce yourself to her so she may begin to know each of us.

— Judy Spencer



## Change of Events!

Just a reminder to take a look at socials on the calendar! We have changed some days, times and locations!

- Tuesdays at 3 p.m. in the Crystal Room
- Wednesdays at 3 p.m. in the Lobby
- Fridays at 3 p.m., Poolside

All socials will have music, drinks and fun! Please stop by and see for yourself!

## New Residents

Help us welcome your new neighbors!

Louise L.	Ralph B.
Harry H.	Ray D.
Don M.	Irvin G.
Gloria K.	Mary A.

## Resident Birthdays

- Yvonne O., 6th
- Edith K., 7th
- Dorothy F., 16th
- Frank K., 16th
- Gene L., 18th
- Marie F., 18th
- John B., 19th
- Ruth M., 23rd
- Peggy H., 23rd
- Virginia Jean L., 23rd
- Margaret D., 23rd
- Michael T., 27th
- Ken S., 27th
- Bill G., 27th
- Frances I., 28th

## Employee Birthdays

- Stephanie V., 5th
- Robert V., 6th
- Rob V., 6th
- Christopher A., 8th
- Dana M., 11th
- Robert V., 12th
- Kerri H., 12th
- Kristina A., 13th
- Clyde H., 13th
- Alesha D., 14th
- Diana N., 14th
- Amber W., 15th
- Danielle R., 27th
- Erika D., 29th
- Justin H., 30th



THE RESIDENCE  
AT TIMBER PINES

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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

Happy May!

We have so many incredible events in May! Join us May 14 for our Mother's Day Meal.

— Chef Jim



## Like Us on Facebook

Go to [facebook.com/  
TheResidenceAtTimberPines](https://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!

