

GOOD Life News

at *The Residence at Timber Pines*

JANUARY 2018

www.residenceattimberpines.com

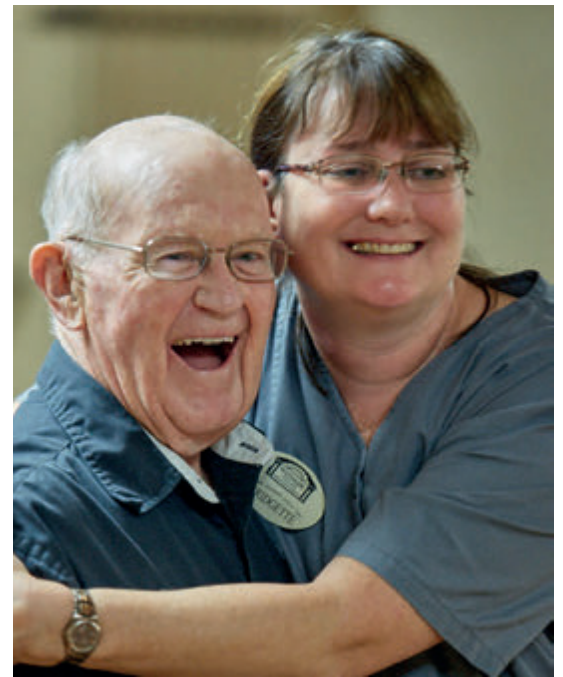
Executive Director

As we get used to writing the year 2018, it has become tradition to set goals for the new year — the proverbial New Year's Resolutions! It has been said the difference between dreams and goals is the act of writing down your dreams, posting them in a conspicuous place and working toward them daily. With that in mind, I would like to share three of my goals for The Residence at Timber Pines in the new year.

1. Roll out a new menu. I am sure many eyes opened as wide as saucers with this resolution. My vision for our dining program is to reposition the menu we currently have as an "always available menu" to be used if you don't particularly care for the two featured entrees of the day. Chef Jim and I will be actively working with our National Director of Culinary Services to implement our "Food for Life" program! Be on the lookout for these exciting enhancements!
2. Increased training for employees. I am a big believer that the more we invest in our team, the better the outcomes experienced by our customer — our residents and their family members. We are in the process of revamping our New Employee Orientation. Orientation 2.0 will launch in January. Further, we will be getting caught up on our Platinum Service® Training and making this a quarterly event, in addition to the daily discussions we have as a team. Among the other trainings on the docket include Dining Room Service Training.
3. Increased Resident Participation in Decision Making. We are here to make a difference in the lives of the people we serve — you — our resident! As Maria Montessori said, "that which you do for me, you take from me." As we weave what we have learned from our recent Montessori Inspired Living training into how we do business every day, involving our residents in the types of programs we offer is critical. We have already reconstituted the Resident Food Advisory Committee and are grateful for the insights and suggestions they have provided. We look forward to working with this group over the coming months to further enhance our culinary program. Jordan will be creating a "Resident Activity Committee" in the second quarter of 2018. Please watch for more details on this critical group. The more input we have into the types of programs our residents desire, the more successful we will be in achieving our goal of creating memorable experiences.

My list of goals for The Residence in 2018 goes on and on, however, I am limited to the space allotted to me and, quite honestly, I don't want to bore you.

Thank you for the privilege of serving you and your family. We recognize our service to you is truly a privilege — one we believe is a sacred trust. May 2018 bring you and your family only the best of all things — health, happiness and prosperity.



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

**Platinum
Service®
Standard #18**

"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

Christmas Tree Lighting

Oh, what fun! Thank you all for an amazing holiday tree lighting. Please check out some great pictures!



Lois W. and Santa



Chef Jim and Santa



Beautiful crowd



Joan H. and Santa

Fun Challenges for the Year Ahead

Is there a novel you've wanted to read or a hobby you'd like to learn? The new year is the perfect time to set some goals you'll enjoy aiming for. Here are some ideas:

Reading resolution — Select a number of books or pages you want to read this year, and track your progress. Alternatively, you could challenge yourself to read 10 books set in 10 different countries or try genres outside of your usual picks.

Daily doodles — Find a list of drawing prompts online or create your own, then capture your creativity in a sketchbook. Experiment with using different media, such as colored pencils or chalk pastels.

Meaningful mail — Set a schedule for sending handwritten notes a few times each month. Whether a friend, grandchild or another person in your life — think about your hairdresser, barber or librarian — the recipient is sure to smile when reading your words.

Eating adventures — Pick five new restaurants to try this year and invite friends and relatives to join in. You may discover a new favorite!

Expanded interests — There's always a new hobby to master, from watercolor painting and origami to learning how to play poker or chess. Or take part in a new type of fun exercise, such as line dancing or laughter yoga.



Resident Spotlight

Thank you to all who came out for Bob R.'s 100th Birthday Celebration!



Showtime at the Apollo

Ella Fitzgerald, Marvin Gaye, Aretha Franklin and James Brown — these legends and countless others first stepped into the spotlight at the Apollo Theater, billed as the venue "where stars are born and legends are made."

Located in the heart of New York City's Harlem neighborhood, the Apollo has long been a celebrated stage for African-American artists. The theater first opened in 1914, but it wasn't until Jan. 26, 1934, when it debuted as the 125th Street Apollo Theater, that it became a performance hall for black entertainers and audiences.

In its first year as the Apollo, the theater hosted a weekly talent competition called Amateur Night. These shows, which continue today, have discovered future stars, most notably Fitzgerald, who won the contest when she was 15 years old. Lena Horne, Dionne Warwick, Jimi Hendrix and Gladys Knight are just a handful of the artists whose careers were launched at the Apollo. Along with musical acts, comedians, dancers and actors have also found success on the historic stage.

The theater closed in the 1970s, but it was renovated and designated a National Historic Landmark in the early '80s.

A top tourist attraction, the Apollo draws 1.3 million visitors every year.



Resident Birthdays

| | |
|----------------|---------------------|
| Connie J., 1st | Anne Marie B., 10th |
| John D., 2nd | Patricia N., 14th |
| Helen A., 2nd | Brenda S., 16th |
| Lee L., 4th | Norm D., 28th |
| Ginny H., 9th | Frank B., 29th |
| Rose D., 10th | Henry Y., 31st |

Employee Birthdays

| |
|-------------------|
| Crystal H., 1st |
| Patricia S., 1st |
| Marriane V., 2nd |
| Priscilla O., 5th |
| Mary C., 7th |
| Michelle M., 15th |
| Kim G., 18th |
| Ian G., 18th |
| Dylan B., 18th |
| Raven G., 21st |
| Zach M., 23rd |
| Kelsey C., 25th |
| K-Lee K., 25th |
| Valerie G., 27th |
| John T., 31st |

New Marketing Director

Please congratulate our new Marketing Director, Danielle R. You all know and love her already! Please congratulate her on her new position!

Food and Beverage/ Dining Services

Please welcome our new Cooks in the Kitchen, Jacob and Antonio.

New Residents

| | |
|------------|----------|
| Maryann B. | Clark H. |
| William W. | Donna L. |
| Lois L. | |



THE RESIDENCE AT TIMBER PINES

Senior Living

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



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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

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

Quarterly Memorial Service

Our quarterly memorial service will take place, Thursday, Jan. 25, 2018, at 2 p.m., in the Grand Lounge. This is a time where we come together as a community to honor those residents who have passed away in the months of October, November and December 2017.

There will be a time of sharing, music by harpist Maria Valentine and refreshments. For questions or more information, please contact Michelle Mehan, Spiritual Director, at 352-683-9009 ext. 2205.



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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!