

GOOD Life News

Villa at Terracina Grand

OCTOBER 2017

www.villaaterracinagrand.com



Happy Ending

We are hoping that this newsletter finds everyone well and safe.

Hurricane Irma presented both a challenge and an opportunity for our team to rise above a natural disaster.

Our team, including family members, provided outstanding service and support to our residents.

Our team was confident in following the procedures set forth by our senior leaders through education and continued support.

Silver lining: "We hold each other in higher esteem."

"All's well that ends well."



Taking care of each other

My door is always open,
Marthe Lawrence

Culinary Corner

Happy Fall to All!

I would like to extend my gratitude to my entire Culinary Department. Throughout the storm, we served hot meals, cold beverages and snacks. We were able to accomplish this together as a team.

As we enter the fall season, the Culinary staff will be taking advantage of the savory items grown locally, for example, spaghetti, acorn, butternut squash, fresh apples, cranberries, cherries and key limes.

We are excited about our Octoberfest menu: German potato salad, red cabbage, beef Sauerbraten, Spatzle, turnips and carrots will likely be well received. A delightful dessert, cinnamon crabapple strudel with vanilla bean ice cream, will be the grand finale. We will be toasting fall with hot cider and plenty of non-alcoholic German beer.

If you ever have any concerns, questions or compliments, my door is always open.

— Brett

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

**Health
Literacy
Month**

This annual October observance is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopt a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit blog.thegoodmangroup.com.

Mango's Musings

Mango and his friends have been very busy this month!



I caught Sylvia creating a beautiful masterpiece.



Rachel had some furry friends come to visit her.



Chef Brett is ready for his close up!



We love to practice Tai Chi on Wednesdays.



Joan enjoyed getting to know one of the "Hot Flashz" dancers.



Pauline is enjoying some lemonade on a hot summer day.

Benefits of Apples

1. Apples Lower Cholesterol

One medium-sized apple contains about four grams of fiber. Some of that is in the form of pectin, a type of soluble fiber that has been linked to lower levels of LDL or "bad" cholesterol. That's because it blocks absorption of cholesterol, according to WebMD, helping the body to use it rather than store it.

2. Apples Keep You Full

Apple's wealth of fiber can also keep you feeling full for longer without costing you a lot of calories — there are about 95 in a medium-sized piece of fruit. That's because it takes our bodies longer to digest complex fiber than more simple materials like sugar or refined grains. Anything with at least three grams of fiber is a good source of the nutrient; most people should aim to get about 25 to 40 grams a day.

3. Apples Keep You Slim

One component of an apple's peel (which also has most of the fiber) is something called ursolic acid, which was linked to a lower risk of obesity in a recent study in mice. That's because it boosts calorie burn and increases muscle and brown fat.

4. Apples Prevent Breathing Problems

Five or more apples a week (less than an apple a day!) has been linked with better lung function,



Health magazine reported, most likely because of an antioxidant called quercetin found in the skin of apples (as well as in onions and tomatoes).

5. Apples Fight Colds

While they don't quite rival oranges, apples are considered a good source of immune system-boosting vitamin C, with over 8 milligrams per medium-sized fruit, which amounts to roughly 14 percent of your daily recommended intake.

6. Apples May Fight Cancer

In 2004, French research found that a chemical in apples helped prevent colon cancer, WebMD reported. In 2007, a study from Cornell found additional compounds, called triterpenoids, which seem to fight against liver, colon and breast cancers.

Field Day

Once in a while, everyone ought to enjoy a field day. It makes little or no difference what events are involved.

The Life Enrichment Team utilized each other's strengths to accomplish the common goal of living in the moment and expressing gratitude towards others.

The activities of the day were anything but routine but always delivered with acts of love and kindness. Small acts of kindness were offering a blanket, a cold drink or reassuring hugs, just to name a few.

Every day is a learning experience as a Life Enrichment team member.

The team agreed the take away from this "Field Day" experience was to value each other's skillset and hold each other in high esteem.

We proved to ourselves that together we accomplished our vision of engaging our residents while facing Irma.



Hot Flashz

We had the Hot Flashz, a non profit entertainment troupe comprised of women 45 and older, who have a passion for community and dance. By residents' request, they will be back for their Christmas Show.

Welcome to Villa

Stan has made a lot of new friends.

He enjoys trivia, poker and our edible Bingo prizes.

He doesn't miss a day with current events/newspaper.



Stan L.

October

"The harvest moon hangs round and high

It dodges clouds high in the sky,
The stars wink down their love and mirth

The Autumn season is giving birth.
Oh, it must be October."

-Pearl N. Sorrels

Resident Birthdays

Emily M., 3rd

Jean T., 7th

David E., 25th



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Marthe Lawrence

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Sophia Wright

Sales and Marketing Director
Craig Castillo

Life Enrichment Director
Julie Badour

Business Office Director
Raffaele Rotondo

Dietary Director
Brett Svatos

Housekeeping Director
Delfina Ortiz

Maintenance Director
Scott Banks

What's Lucky in October?

Lucky Colors: Orange and Burgundy

Lucky Days: Monday and Tuesday

Lucky Numbers: 1 and 3

Lucky Letters: O and R

Lucky Plant: Pumpkin



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Go to facebook.com/VillaAtTerracinaGrand to see pictures and catch up on all the fun here at Villa at Terracina Grand. This is a great way for family members and friends to stay connected!

